

Southern Delights



Recipes from Williamson County

Merry Christmas.

Louise

Southern Delights



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The home pictured on the cover is the Cool Springs home located on Cool Springs Road. The home was built around 1817 by James Caruthers. It was named Cool Springs due to the number of free-flowing waterways winding their way through the property. The home is listed on the National Register of Historic Places, and its surrounding property is now the location of Cool Springs Galleria.



A monument paying homage to those who served and died in the Civil War was dedicated on the Franklin public square on November 30, 1899. The monument was a project of the Franklin Chapter of the United Daughters of the Confederacy. The inscription reads, "We who saw and knew them well, are witness to the coming ages of their fidelity."

Photography Credits: Robin Hood, Fuller Arnold
(See page 160)

This cookbook is a collection of our favorite recipes, which are not necessarily original recipes.

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History of Williamson County

Williamson County, just south of Nashville, is a gracious mix of history and progress. Today, the county is home to a new regional mall, a state-of-the-art telecommunications center, upscale office complexes, light industry and a myriad of small businesses. But it is also home to Civil War battle sites, magnificent historic homes and buildings, rustic antique stores and quaint boutiques. Williamson County is rare in that it has managed to move boldly into the 21st Century, while maintaining its rich heritage and tradition.

Long before white men ever set foot in Williamson County, huge prehistoric animals roamed the area. In 1926, local residents were fishing along the Little Harpeth River just north of Franklin and found pieces of an ivory trunk and bits of bone. Scientists believe these fragments belonged to a prehistoric elephant or woolly mammoth.

Several thousand years later, Williamson County had its first inhabitants with the arrival of the red man. Remains of the ancient Stonegrave Indians have been found in numerous places throughout the county. Historic accounts claim Indians were prominent in the area until the advance of white settlers around 1795.

The earliest known attempted settlement was made in 1780 by Edward Swanson who remained only a short time before retreating to the safety of Nashville forts. Records show the first permanent settlement was in 1798 when Ewin Cameron built the first home where the parking lot for the City Hall on the Franklin Public Square is today.

Williamson County and its county seat of Franklin were officially born October 26, 1799, by an act of the Tennessee legislature. However, the town of Franklin did not incorporate until 1815.

The county was named in honor of Dr. Hugh Williamson, a colonel and surgeon general of the North Carolina Militia. Colonel Williamson was also a member of the Continental Congress and signed his name to the North Carolina constitution.

For the first few years, the settlers cut sugar cane and felled trees. For food, they lived off bear, turkey, deer, fish and small game. The new settlers were a cross section of people, from Revolutionary War heroes, to immigrants from England, eager to settle in the new land.

The great seal of Williamson County features religion, history, education and agriculture. These four ideals have given Williamson County the strength to endure and prosper during its 193 years of history and gives the tools necessary for the next 193 years.

Williamson County Communities

Williamson County is located in the heart of the rolling hills of Middle Tennessee. With its green pastures, endless split rail fences, majestic antebellum homes and genuine southern hospitality, Williamson County is a magnificent place to live.

While the County boasts an abundance of natural beauty, rich history and proud tradition, it is the sum of its parts. It is the beauty of Leiper's Fork, the history of Franklin, the farms of College Grove and the family heritage found in places like Burwood, Bending Chestnut and Fairview.

The cookbook is a collection of recipes gathered from all across the county. Enjoy!

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Nutritional Guidelines

The editors have attempted to present these family recipes in a form that allows approximate nutritional values to be computed. Persons with dietary or health problems or whose diets require close monitoring should not rely solely on the nutritional information provided. They should consult their physicians or a registered dietitian for specific information.

Abbreviations for Nutritional Analysis

Cal — Calories	Dietary Fiber — Fiber	Sod — Sodium
Prot — Protein	T Fat — Total Fat	g — gram
Carbo — Carbohydrates	Chol — Cholesterol	mg — milligrams

Nutritional information for these recipes is computed from information derived from many sources, including materials supplied by the United States Department of Agriculture, computer databanks and journals in which the information is assumed to be in the public domain. However, many specialty items, new products and processed foods may not be available from these sources or may vary from the average values used in these analyses. More information on new and/or specific products may be obtained by reading the nutrient labels. Unless otherwise specified, the nutritional analysis of these recipes is based on all measurements being level.

- * **Artificial sweeteners** vary in use and strength so should be used "to taste," using the recipe ingredients as a guideline. Sweeteners using aspartame (NutraSweet and Equal) should not be used as a sweetener in recipes involving prolonged heating which reduces the sweet taste. For further information, refer to package information.
- * **Alcoholic ingredients** have been analyzed for the basic ingredients, although cooking causes the evaporation of alcohol thus decreasing caloric content.
- * **Buttermilk, sour cream** and **yogurt** are types available commercially.
- * **Cake mixes** which are prepared using package directions include 3 eggs and 1/2 cup oil.
- * **Chicken**, cooked for boning and chopping, has been roasted; this method yields the lowest caloric values.
- * **Cottage cheese** is cream-style with 4.2% creaming mixture. Dry-curd cottage cheese has no creaming mixture.
- * **Eggs** are all large. To avoid raw eggs that may carry salmonella as in eggnog or 6-week muffin batter, use an equivalent amount of commercial egg substitute.
- * **Flour** is unsifted all-purpose flour.
- * **Garnishes**, serving suggestions and other optional additions and variations are not included in the analysis.
- * **Margarine** and **butter** are regular, not whipped or presoftened.
- * **Milk** is whole milk, 3.5% butterfat. Lowfat milk is 1% butterfat. Evaporated milk is whole milk with 60% of the water removed.
- * **Oil** is any type of vegetable cooking oil. Shortening is hydrogenated vegetable shortening.
- * **Salt** and other ingredients to taste as noted in the ingredients have not been included in the nutritional analysis.
- * If a choice of ingredients has been given, the nutritional analysis information reflects the first option. If a choice of amounts has been given, the nutritional analysis reflects the greater amount.



Appetizers & Beverages



The entire 15-block area of downtown Franklin is listed on the National Register of Historic Places. The monument in the center of the square was dedicated November 30, 1899. To the left of the monument is the county courthouse. The first courthouse was a log structure built in 1800. The second building was made of brick and was built in 1809. The current structure with its white columns was built in 1859.



Founded in 1799, **Franklin** boasts both a rich foundation and progressive community spirit. The 15-block downtown area is listed on the National Register of Historic Places and features a variety of antique shops, boutiques and quaint restaurants.

Franklin is the county seat and the county's largest town. Both came into existence, officially, on October 26, 1799, upon the passing of a bill by the Tennessee legislature.

During the Revolutionary War, several officers were given land grants as restitution for their service. Major Anthony Sharpe was one such officer. He had received an enormous land grant in Middle Tennessee for his participation in the war. He then sold 640 acres to Abram Maury. Maury sectioned off 109 acres and laid out the town of Franklin. Maury had intended to call the new town Marthasville, for his wife Martha, but named it for Benjamin Franklin instead.

The site was surveyed in 1800 and contained approximately 200 lots. Maury sold lots to enterprising settlers who then set up shop where Franklin stands today. He and his family are buried on Del Rio Pike at the former site of his log home, Tree Lawn.

By 1835, the population had grown to 1,500 people and boasted several businesses and civic organizations. There were five schools, four churches, three clergymen, eight doctors, seven lawyers, a number of blacksmith shops, hatters, saddlers, wagoners and gunsmiths.

Franklin boasts many firsts. It was the site of the first three-story building in the state and the first use of anesthetic in the Middle Tennessee region. It is also the home of a world champion walking horse, Midnight Sun, and unfortunately, the site of one of the bloodiest battles in the Civil War.

The Battle of Franklin took place on November 30, 1864. Confederate General John Bell Hood met Union General John Schofield in fighting around Columbia Pike. When it was over, 6,000 Confederate soldiers and 2,000 Union soldiers were dead, wounded or missing.



Hot Artichoke Dip

Yield: 10 servings

**1 14-ounce can artichoke hearts,
drained
1 cup mayonnaise**

**1 cup grated Parmesan cheese
Garlic powder, salt and lemon juice
to taste**

Squeeze excess liquid from artichokes. Cut artichokes into small pieces. Combine with mayonnaise and Parmesan cheese in bowl; mix well. Stir in garlic powder, salt and lemon juice. Spoon into shallow glass baking dish. Bake at 350 degrees for 20 minutes or until browned. Blot top of dip with paper towel. Serve hot with crackers or corn chips.

Approx Per Serving: Cal 209; Prot 4 g; Carbo 3 g; Fiber 0 g;
T Fat 20 g; 86% Calories from Fat; Chol 19 mg; Sod 375 mg.

submitted by Nancy Sargent

Hot Artichoke-Seafood Dip

Yield: 15 servings

**2 14-ounce cans artichoke hearts,
drained, chopped
2 cups mayonnaise
2 cups grated Parmesan cheese**

**2 6-ounce packages frozen mixed
crab meat and shrimp, thawed,
drained
1/2 cup dry seasoned bread crumbs**

Combine artichoke hearts, mayonnaise, Parmesan cheese and crab meat and shrimp in bowl; mix well. Spoon into greased 1½-quart baking dish. Top with bread crumbs. Bake at 350 degrees for 15 to 20 minutes or until browned. Serve with crackers.

Approx Per Serving: Cal 311; Prot 10 g; Carbo 6 g; Fiber <1 g;
T Fat 27 g; 79% Calories from Fat; Chol 60 mg; Sod 586 mg.

submitted by Vivian Brannon



The historic Carter House was built in 1830 by Fountain Branch Carter. It was the scene of several skirmishes during the Civil War and on November 30, 1864, found itself right in the middle of the Battle of Franklin. In 1951, the Carter House Association was formed to restore the home. In 1961, it was placed on the National Register of Historic Places.



Hot Sauce for Alligator Pears

Yield: 6 servings

3 tablespoons catsup
3 tablespoons red wine tarragon
vinegar
3 tablespoons apple jelly

6 tablespoons beef consommé
3 avocados, cut into halves
lengthwise

Combine catsup, vinegar, apple jelly and consommé in saucepan; mix well. Cook over medium heat until very hot, stirring occasionally. Place avocado halves on serving plates. Pour hot sauce into avocados. Serve immediately. This is an old family recipe. Avocados are commonly called alligator pears.

Approx Per Serving: Cal 200; Prot 3 g; Carbo 17 g; Fiber 10 g;
T Fat 15 g; 64% Calories from Fat; Chol 0 mg; Sod 181 mg.

submitted by Connie Ewin Clark

Bacon and Horseradish Dip

Yield: 24 servings

2 cups fat-free sour cream
1/4 cup prepared horseradish
2 tablespoons apple cider vinegar

2 tablespoons Worcestershire sauce
1/2 cup cholesterol-free bacon bits

Combine all ingredients in bowl; mix well. Spoon into serving dish. Serve with fat-free pretzel chips. May reduce amount of horseradish by half.

Approx Per Serving: Cal 15; Prot 1 g; Carbo 2 g; Fiber <1 g;
T Fat 1 g; 30% Calories from Fat; Chol 0 mg; Sod 60 mg.
Nutritional information does not include sour cream.

submitted by Donald P. Harris

Bleu Cheese Whip

Yield: 12 servings

1 cup heavy cream
1/2 cup finely crumbled bleu cheese
1/2 teaspoon basil

1/2 teaspoon garlic salt
1/2 cup chopped toasted almonds

Whip first 4 ingredients in mixer bowl until stiff. Fold in almonds. Serve with sliced fresh cantaloupe, peaches, nectarines, pears or fresh vegetables.

Approx Per Serving: Cal 117; Prot 3 g; Carbo 2 g; Fiber 1 g;
T Fat 12 g; 86% Calories from Fat; Chol 31 mg; Sod 159 mg.

submitted by Marilyn and Calvin Lehew



Blushing Crab Dip

Yield: 16 servings


8 ounces cream cheese, softened
1 clove of garlic, pressed
4 teaspoons lemon juice
1/4 teaspoon Tabasco sauce
2 tablespoons tomato paste

1 6-ounce package imitation crab
meat, shredded
2 tablespoons minced parsley
Freshly ground pepper to taste

Combine cream cheese, garlic, lemon juice, Tabasco sauce and tomato paste in bowl, beating until smooth. Fold in crab meat, parsley and pepper. Chill until 30 minutes before serving time. Serve with chips or buttered, toasted French bread slices. I created this recipe for a Christmas party—the color of the dip garnished with parsley is perfect for holidays.

Approx Per Serving: Cal 63; Prot 2 g; Carbo 2 g; Fiber <1 g;
T Fat 5 g; 72% Calories from Fat; Chol 18 mg; Sod 133 mg.

submitted by Susan Randall Hoffman

 The Clovercroft community, located along Wilson Pike and Clovercroft Road, was named by Mae Buford Paschall, wife of local physician Dr. William Paschall, in the 1890s. The first part of the name came from the fields of clover growing in the area, and the word “croft” is used by the English and Scots to mean “a small area.”

Wilson Pike was named for the Wilson family who lived in the area. Joseph Wilson was born blind in 1797 and was a prominent local man. Upon his death in 1881, he owned 50 slaves and 900 acres. Wilson Pike itself was built by slave labor.

In 1910, work began on a railroad that ran from Nashville, Tennessee, to Decatur, Alabama. While the railroad was being constructed, a tent city was erected on the corner of Liberty Pike and Wilson Pike to house railroad workers.



Tangy Fruit Dip

Yield: 16 servings

**1 tablespoon orange-flavored
breakfast drink mix**

**8 ounces cream cheese, softened
1 12-ounce jar marshmallow creme**

Combine all ingredients in blender or food processor container. Process until fluffy. Serve with melon, grapes or tart apples.

Approx Per Serving: Cal 120; Prot 1 g; Carbo 18 g; Fiber 0 g;
T Fat 5 g; 36% Calories from Fat; Chol 16 mg; Sod 55 mg.

submitted by Amy Holcomb

Three-Fruit Dip

Yield: 20 servings

**2 eggs, well beaten
1/2 cup sugar
1/4 cup cornstarch
1 cup pineapple juice**

**Juice and grated rind of 1 lemon
Juice and grated rind of 1 orange
6 ounces cream cheese, softened**

Combine first 8 ingredients in top of double boiler; mix well. Cook over hot water until thickened, stirring constantly. Set aside to cool slightly. Beat in cream cheese until fluffy. Serve with apple slices or use in tartlets topped with strawberries or peaches. Garnish with whipped cream.

Approx Per Serving: Cal 73; Prot 1 g; Carbo 9 g; Fiber <1 g;
T Fat 4 g; 43% Calories from Fat; Chol 31 mg; Sod 32 mg.

submitted by Hilda Johnson

Cheese Ball

Yield: 48 servings

**16 ounces Velveeta cheese, shredded
16 ounces sharp Cheddar cheese,
shredded
16 ounces cream cheese, softened**

**1/2 teaspoon garlic powder
1/4 teaspoon cayenne pepper
1 cup chopped pecans**

Combine Velveeta cheese, Cheddar cheese and cream cheese in bowl. Stir in garlic powder, cayenne pepper and pecans. Shape mixture into large ball or several smaller balls. Place on serving plate. Chill until serving time.

Approx Per Serving: Cal 123; Prot 5 g; Carbo 1 g; Fiber <1 g;
T Fat 11 g; 80% Calories from Fat; Chol 29 mg; Sod 222 mg.

submitted by Nell Dodson



Hot Dog-Cheese Ball

Yield: 78 servings

1 tablespoon seasoned salt
2 tablespoons chopped onion
12 ounces cream cheese, softened

1/4 cup chopped green bell pepper
1 cup finely chopped hot dogs
2 cups chopped pecans

Mix first 5 ingredients and 1 cup pecans in bowl. Shape mixture into ball. Roll in remaining 1 cup pecans. Place on serving plate. Chill until serving time.

Approx Per Serving: Cal 41; Prot 1 g; Carbo 1 g; Fiber <1 g;
T Fat 4 g; 86% Calories from Fat; Chol 6 mg; Sod 79 mg.

submitted by Vera Jefferson

The Cheese Crock

Yield: 20 servings

16 ounces sharp Cheddar cheese,
shredded
3 ounces cream cheese, softened

2 to 3 tablespoons olive oil
1 teaspoon dry mustard
3 ounces brandy

Mix cheeses in wooden bowl. Add enough olive oil to make thick paste. Pound with mortar until smooth. Stir in dry mustard and brandy. Store in covered stoneware crock in refrigerator. Let stand at room temperature for 1 hour before serving. May continue to add a variety of leftover shredded cheeses and the last drops from liquor or wine bottles to remaining mixture in crock.

Approx Per Serving: Cal 134; Prot 6 g; Carbo 2 g; Fiber 0 g;
T Fat 11 g; 76% Calories from Fat; Chol 29 mg; Sod 153 mg.

submitted by Dee Dorset

Cheese Wafers

Yield: 94 servings

2 cups flour
2 cups shredded sharp Cheddar
cheese

2 cups rice cereal
1 cup melted butter
Salt and cayenne pepper to taste

Combine all ingredients in bowl; mix well. Shape into small balls; place on ungreased baking sheets. Press down with fork to flatten. Bake at 375 degrees for 15 minutes, but do not brown. Store in airtight container.

Approx Per Serving: Cal 39; Prot 1 g; Carbo 3 g; Fiber <1 g;
T Fat 3 g; 64% Calories from Fat; Chol 8 mg; Sod 39 mg.

submitted by Nancy P. Conway



Tex-Mex Dip

Yield: 20 servings

1 cup sour cream
1/2 cup mayonnaise
1 envelope taco seasoning mix
1 10-ounce can bean dip
1 8-ounce container avocado dip

1 large onion, chopped
3 medium tomatoes, chopped
1 4-ounce can chopped black olives
8 ounces Cheddar cheese, shredded

Combine sour cream, mayonnaise and taco seasoning mix in small bowl; mix well. Layer bean dip, avocado dip, sour cream mixture, onion, tomatoes, olives and Cheddar cheese in 9x13-inch dish. Chill, covered, for 1 hour before serving. Serve with tortilla chips.

Approx Per Serving: Cal 169; Prot 5 g; Carbo 7 g; Fiber 1 g;
T Fat 14 g; 73% Calories from Fat; Chol 21 mg; Sod 491 mg.

submitted by Lynn Pavleje

Dave's Marinated Mushrooms

Yield: 4 servings

1 pound fresh mushrooms
2 tablespoons butter
2 tablespoons Worcestershire sauce

1 tablespoon soy sauce
Salt and pepper to taste

Combine mushrooms, butter, Worcestershire sauce and soy sauce in medium saucepan. Simmer, covered, over very low heat for 30 to 40 minutes, stirring frequently. Season with salt and pepper. Serve hot.

Approx Per Serving: Cal 87; Prot 3 g; Carbo 7 g; Fiber 2 g;
T Fat 6 g; 59% Calories from Fat; Chol 16 mg; Sod 384 mg.

submitted by Dave Kempf

The historic Carnton Mansion saw activity during the Civil War. Four slain Confederate generals were laid on the porch of the Carnton Mansion. Colonel John McGavock, who owned the house, donated the property adjacent to the house to be used as a Confederate cemetery, where 1,481 slain soldiers are buried.



Mushroom-Burger Bites

Yield: 35 servings

8 ounces medium mushrooms
4 ounces ground beef
1/8 teaspoon salt
Pepper to taste
1/8 teaspoon dried oregano, crushed

2 tablespoons catsup
35 Melba toast rounds
6 ounces mozzarella cheese, sliced,
cut into small wedges

Remove caps from mushrooms and set aside. Chop stems. Brown ground beef in skillet, stirring until crumbly. Add chopped mushroom stems, salt, pepper and oregano. Sauté for 2 to 3 minutes or until mushrooms are tender; drain well. Stir in catsup. Spoon 1 tablespoon ground beef mixture on each Melba toast round. Top each with mushroom cap and cheese wedge. Place on baking sheet. Bake at 350 degrees for 10 to 15 minutes or until cheese is melted. Arrange on serving platter. Serve hot.

Approx Per Serving: Cal 43; Prot 3 g; Carbo 5 g; Fiber <1 g;
T Fat 2 g; 35% Calories from Fat; Chol 6 mg; Sod 82 mg.

submitted by Patrice G. Bishop

Pickled Shrimp

Yield: 32 servings

1 cup oil
3/4 cup vinegar
1/4 cup sugar
1 10-ounce can tomato soup
3 tablespoons Worcestershire sauce
Garlic powder to taste

Salt and pepper to taste
2 pounds cooked peeled shrimp
1 large Spanish onion, sliced
2 lemons, sliced
Bay leaves

Combine oil, vinegar, sugar, soup, Worcestershire sauce, garlic powder, salt and pepper in bowl; mix well. Alternate layers of shrimp, onion, lemon slices and bay leaves in shallow dish. Pour marinade over top. Chill, covered, overnight. Drain and remove bay leaves before serving.

Approx Per Serving: Cal 105; Prot 6 g; Carbo 4 g; Fiber <1 g;
T Fat 7 g; 61% Calories from Fat; Chol 55 mg; Sod 139 mg.

submitted by Kathy Gooding



Spinach Hors d'Oeuvres

Yield: 40 servings

8 ounces Velveeta cheese
6 tablespoons margarine
1 10-ounce package frozen
chopped spinach, thawed, drained

20 slices soft sandwich bread, crusts
trimmed
1/2 cup melted margarine

Combine cheese and 6 tablespoons margarine in saucepan. Cook over low heat until cheese is melted, stirring frequently. Stir in spinach; remove from heat. Flatten bread slices with rolling pin. Spread spinach mixture on slices. Roll up each to enclose filling; cut into halves. Place seam side down on greased baking sheet. Brush with melted margarine. Bake at 350 degrees for 15 to 20 minutes or until golden brown.

Approx Per Serving: Cal 85; Prot 2 g; Carbo 5 g; Fiber <1 g;
T Fat 6 g; 64% Calories from Fat; Chol 5 mg; Sod 184 mg.

submitted by Cristi Marino-Dunn

Tortilla Roll-Ups

Yield: 60 servings

8 ounces cream cheese, softened
2 cups sour cream
1 teaspoon garlic salt
2 to 4 green onions, chopped
2 cups shredded Cheddar cheese

Mild or medium picante sauce
to taste
1 10-count package large flour
tortillas

Combine cream cheese, sour cream, garlic salt, green onions and Cheddar cheese in bowl; mix well. Stir in picante sauce. Spread mixture on tortillas. Roll up to enclose filling. Place in covered dish. Chill overnight. Cut each roll into 6 equal portions. Serve with additional picante sauce.

Approx Per Serving: Cal 73; Prot 2 g; Carbo 6 g; Fiber <1 g;
T Fat 5 g; 58% Calories from Fat; Chol 12 mg; Sod 109 mg.

submitted by Sherry McMahan



Vegetable Pâté

Yield: 72 servings

- | | |
|--|--|
| 1½ pounds carrots, peeled, cut into
1/2-inch pieces | ½ cup grated Parmesan cheese |
| 1 medium yellow onion, chopped | ½ teaspoon salt |
| 2 tablespoons butter | ¼ teaspoon pepper |
| 1 10-ounce package frozen
chopped broccoli, thawed, drained | ¼ teaspoon grated nutmeg |
| 2 teaspoons dried chives | 1 16-ounce can beets, drained |
| 5 eggs | ½ teaspoon thyme |
| 1½ cups heavy cream | 4 5-ounce packages flatbread
crackers |

Grease sides and bottom of 5x9-inch loaf pan. Line with greased waxed paper. Steam carrots in saucepan for 10 minutes or until tender; drain and set aside. Sauté onion in butter in medium skillet for 10 minutes or until tender. Add broccoli. Cook for 2 minutes. Stir in chives. Remove from heat and set aside. Beat eggs with 1 cup heavy cream in bowl. Stir in Parmesan cheese, salt, pepper and nutmeg. Combine ½ cup egg mixture with beets in blender container. Process until smooth. Pour beet mixture into prepared pan. Purée broccoli mixture with ¾ cup egg mixture and ¼ cup heavy cream. Spoon over beet mixture. Purée carrots with remaining ¾ cup egg mixture and remaining ¼ cup cream. Stir in thyme. Pour evenly over broccoli mixture. Place loaf pan in larger pan with enough boiling water to reach halfway up the loaf pan. Bake at 350 degrees for 1 to 1¼ hours or until firm; cool. Invert onto serving plate, removing waxed paper. Serve with flatbread crackers.

Approx Per Serving: Cal 64; Prot 2 g; Carbo 9 g; Fiber 1 g;
T Fat 3 g; 37% Calories from Fat; Chol 23 mg; Sod 96 mg.

submitted by Cristi Marino-Dunn

 The community of Millview, located on Arno Road, was named for John N. House's mill on the Harpeth River.

Millview is the home of several churches and a school which became a community club. The Lankford School was named for the Lankford family who donated the land for the school. Local youngsters were educated in the school up until the late 1940s. It was one of the first schools to serve hot lunches to its students.

In 1951, the Lankford School became the Millview Community Club. The objectives of the club were to make the community a better place to live, build a recreational center for the youth, support charity groups, improve farms and homes and to participate in the work of the community, county, state and nation. The club is still very active today.



Twin's Popcorn-Caramel Crunch

Yield: 6 servings

2 $\frac{1}{4}$ cups mixed corn and rice Chex cereal
4 cups popped popcorn
 $\frac{1}{4}$ cup margarine

6 tablespoons brown sugar
 $\frac{1}{4}$ teaspoon vanilla extract
2 tablespoons light corn syrup

Combine cereal and popcorn in large bowl; set aside. Combine margarine, brown sugar, vanilla and corn syrup in saucepan; mix well. Cook over medium-high heat until mixture comes to a boil, stirring frequently. Pour over cereal mixture, tossing to coat. Spread on waxed paper to cool; break apart to serve. May add honey-roasted peanuts.

Approx Per Serving: Cal 198; Prot 1 g; Carbo 31 g; Fiber 1 g;
T Fat 8 g; 36% Calories from Fat; Chol 0 mg; Sod 189 mg.

submitted by Ann Frances Hoover

Summer Beer

Yield: 4 servings

1 6-ounce can frozen limeade concentrate, thawed

6 ounces vodka
2 12-ounce cans beer

Combine limeade concentrate, vodka and beer in large pitcher; mix well. Add generous amounts of crushed ice. Serve over crushed ice. Sounds odd, but tastes delicious. We take this to symphony concerts on the lawn at Carnton. Walk, do not drive, after drinking this!

Approx Per Serving: Cal 246; Prot 1 g; Carbo 27 g; Fiber 1 g;
T Fat <1 g; 0% Calories from Fat; Chol 0 mg; Sod 9 mg.

submitted by Lydia Miller



The first courthouse for Williamson County was a log structure built in 1800. The second structure, a brick building, was built in 1809. The third and current building was built in 1859.



Fresh Strawberry Champagne

Yield: 4 servings

1 pint fresh strawberries, hulled
1/2 cup fresh orange juice
1/2 cup dry white wine

1/4 cup sugar
1 26-ounce bottle of champagne,
chilled

Reserve 4 whole strawberries. Cut remaining strawberries into halves. Combine strawberry halves, orange juice, wine and sugar in blender container. Process until puréed. Chill for 1 hour. Pour equal amounts of strawberry mixture into 4 large glasses. Fill with champagne. Top with reserved strawberries.

Approx Per Serving: Cal 245; Prot 1 g; Carbo 25 g; Fiber 2 g;
T Fat <1 g; 1% Calories from Fat; Chol 0 mg; Sod 14 mg.

submitted by Marilyn and Calvin Lehw

Hot Buttered Cider

Yield: 16 servings

1 quart water
1 cup sugar
3 tablespoons whole cloves
3 tablespoons whole allspice
2 cinnamon sticks

1/4 cup crystallized ginger
6 cups apple cider
2 cups orange juice
1/2 cup lemon juice
1/2 cup butter

Combine water and sugar in large non-aluminum saucepan. Bring to a boil; reduce heat. Simmer for 5 minutes; remove from heat. Stir in cloves, allspice, cinnamon sticks and ginger. Let stand for 1 hour or more. Strain into saucepan. Stir in apple cider, orange juice and lemon juice. Cook over medium heat until heated through. Pour into small mugs. Dot with slice of butter. Garnish with cinnamon sticks.

Approx Per Serving: Cal 170; Prot <1 g; Carbo 30 g; Fiber <1 g;
T Fat 6 g; 30% Calories from Fat; Chol 16 mg; Sod 52 mg.

submitted by Tina Inman Luna



Mother's Boiled Custard

Yield: 6 servings

4 cups milk
3 eggs, well beaten
1 cup (scant) sugar

1/2 teaspoon salt
1 tablespoon vanilla extract

Heat milk in top of double boiler. Beat eggs with sugar and salt in bowl. Pour half the hot milk slowly into egg mixture, stirring constantly. Pour into remaining milk in double boiler. Cook over medium heat until thickened, stirring constantly with wooden spoon. Pour into mixer bowl. Beat at low speed until cooled. Stir in vanilla. Chill until serving time.

Approx Per Serving: Cal 275; Prot 8 g; Carbo 42 g; Fiber 0 g;
T Fat 8 g; 27% Calories from Fat; Chol 128 mg; Sod 281 mg.

submitted by Rudy Jordan

Front Porch Lemonade

Yield: 10 servings

1 1/4 cups sugar
1/2 cup boiling water

1 1/2 cups fresh lemon juice
4 1/2 cups cold water

Combine sugar and boiling water in bowl, stirring until sugar dissolves. Add lemon juice and cold water; mix well. Chill until serving time. Pour into ice-filled glasses. Garnish with lemon slices.

Approx Per Serving: Cal 105; Prot <1 g; Carbo 28 g; Fiber <1 g;
T Fat <1 g; 1% Calories from Fat; Chol 0 mg; Sod 1 mg.

submitted by Mary Stinson

Located at the intersection of Clovercroft Road and Murfreesboro Road, **Mudsink** got its name because water from nearby Watson Creek often flooded the area and wagoners were told to be wary of driving through with their loads. Some legends even tell of wagons and teams disappearing, never to be seen again.

Mudsink was also the home of the McConnico Meeting House, the first formal church in Williamson County. The church was named for Garner McConnico, a preacher who moved from Virginia to Franklin in 1797. Stories claim he performed a wedding ceremony in 1821 at which Sam Houston was the best man.



Hot Cranberry Tea

Yield: 30 servings

- | | |
|----------------------------------|---|
| 4 quarts water | 1 quart apple juice |
| 3 cups sugar | 1 6-ounce can frozen orange juice concentrate, thawed |
| 6 tea bags | 1 cup lemon juice |
| 3 cinnamon sticks | 1 6-ounce package cherry gelatin |
| 1 tablespoon whole cloves | |
| 1 quart cranberry juice cocktail | |

Combine water and sugar in large saucepan. Bring to a boil; remove from heat. Add tea bags. Steep for 6 minutes; discard tea bags. Place cinnamon sticks and cloves in cheesecloth bag. Add to tea mixture. Steep for 30 minutes; discard spices. Stir in cranberry juice, apple juice, orange juice concentrate, lemon juice and cherry gelatin; mix well. Simmer until heated through. Serve hot.

Approx Per Serving: Cal 144; Prot 1 g; Carbo 36 g; Fiber <1 g;
T Fat <1 g; 1% Calories from Fat; Chol 0 mg; Sod 20 mg.

submitted by Nancy Love

Cold Russian Tea

Yield: 24 servings

- | | |
|---|-------------------------|
| 4 family-size tea bags | 2 cups boiling water |
| 2 cinnamon sticks | 2 cups sugar |
| 10 whole cloves | 2½ cups pineapple juice |
| 1 small package sugar-free cherry gelatin | 1 cup lemon juice |

Simmer tea bags, cinnamon sticks and cloves in a small amount of water in saucepan for 5 to 10 minutes. Dissolve gelatin in 2 cups boiling water in large pitcher. Add enough cold water to measure 1 gallon. Add sugar, pineapple juice, lemon juice and tea mixture; mix well. Chill until serving time. Strain into cups or glasses.

Approx Per Serving: Cal 82; Prot <1 g; Carbo 21 g; Fiber <1 g;
T Fat <1 g; 1% Calories from Fat; Chol 0 mg; Sod 10 mg.

submitted by Faye Carwile



The Tennessee Female College, which began in 1857, was used as a Union hospital during Federal occupation of Franklin. After the Civil War ended in 1865, classes resumed as normal.



Choices' Tea Punch

Yield: 30 servings

- 2 gallons brewed tea
- 2 12-ounce cans frozen orange juice concentrate, thawed
- 4 6-ounce cans pineapple juice

- 2 12-ounce cans frozen lemonade concentrate, thawed
- 2 cups (or more) sugar

Combine tea, orange juice concentrate, pineapple juice, lemonade concentrate and sugar in punch bowl; mix well. Ladle into glasses filled with cracked ice. Choices is a restaurant in Franklin.

Approx Per Serving: Cal 143; Prot 1 g; Carbo 36 g; Fiber <1 g;
T Fat <1 g; 1% Calories from Fat; Chol 0 mg; Sod 9 mg.

submitted by Marilyn and Calvin Lehew

Old Virginia Wassail

Yield: 15 servings


- 2 quarts sweet apple cider
- 2 cups orange juice
- 1 cup lemon juice
- 4 cups pineapple juice

- 1 cinnamon stick
- 1 teaspoon whole cloves
- Sugar or honey to taste

Combine cider, orange juice, lemon juice, pineapple juice, cinnamon stick, cloves and sugar in large saucepan. Cook until mixture begins to simmer gently; strain. Serve hot.

Approx Per Serving: Cal 118; Prot 1 g; Carbo 30 g; Fiber 1 g;
T Fat <1 g; 2% Calories from Fat; Chol 0 mg; Sod 5 mg.

submitted by Jan Hoover

 The community of **Southall**, located off Carters Creek Pike, is the site of the Berea Church of Christ. The church was started in 1876 and is still going strong. The original building had separate doors for men and women. Those doors have long been replaced but the original frame building is still currently being used.

Southall was also the site of a shale rock mine. The rock was mined, turned into fine powder and used for pigment in paint and mortar.

During World War II, Southall had a Home Demonstration Club. Members of the club would help local women cull chickens and can vegetables. Once a year, the members dressed in white and had a parade in Franklin.



Soups & Salads



The historic Mooreland home, located on Franklin Road in Brentwood, was built in 1846. It was used as a hospital by both Federal and Confederate soldiers after the Battle of Nashville during the Civil War. It is now used as the centerpiece of the Koger Center, an upscale office complex. It is a good example of the importance of preserving history in Williamson County.



Brentwood, just 10 miles south of Nashville, has become a popular place for executives to live and work. Brentwood is home to upscale residential areas and posh corporate offices.

But its first white settlers were the Mayfields who came to the Brentwood area in 1780. The Frost family came to the area in 1810 and settled at what became known as Cotton Port, the first business area in Brentwood which boasted a gristmill, cotton mill, post office and general store.

The town of Brentwood probably got its name from an early settler, Horace McNish. His mother was a descendent of a Virginia family named Brent.

Construction on Mooreland, a historic home in Brentwood, was started in 1846 and completed several years later. The old home was used as a hospital by both Federal and Confederate soldiers after the Battle of Nashville, during the Civil War. The home is now the centerpiece for the Koger Center, an upscale office complex.

Midway, home of the Brentwood Country Club, was built by Lysander McGavock in 1829. It was named Midway because it is halfway between Franklin and Nashville.

The Sneed family has also been an important part of Brentwood history. James Sneed and his Bethenia Hardens Perkins Sneed moved to the area in 1798. James built a one-room log cabin on Old Smyrna Road. Other homes built by members of the Sneed family include Windy Hill on Old Smyrna Road, Foxview, Brentvale and Valley View Farm. Valley View was the lifelong home of the late Mary Sneed Jones and the site of Brentwood's first post office building, which is still standing today.



Autumn Bisque

Yield: 10 servings

- | | |
|---|-----------------------|
| 2 medium acorn squash | 1/2 cup cream |
| 2 Golden Delicious apples, peeled,
chopped | 1/8 teaspoon rosemary |
| 1 medium onion, chopped | 1/8 teaspoon marjoram |
| 2 tablespoons butter | 1/2 teaspoon salt |
| 4 cups chicken stock | 1/4 teaspoon pepper |

Cut squash into halves and discard seed. Steam until tender; remove skin. Sauté apples and onion in butter in skillet. Process squash, apples and onion in food processor until smooth. Combine with chicken stock, cream, rosemary, marjoram, salt and pepper in saucepan. Simmer until heated to serving temperature. May substitute butternut squash for acorn squash.

Approx Per Serving: Cal 143; Prot 3 g; Carbo 18 g; Fiber 3 g;
T Fat 7 g; 45% Calories from Fat; Chol 23 mg; Sod 445 mg.

submitted by Marilyn and Calvin Lehw

Three-Bean Chicken Soup Olé

Yield: 8 servings

- | | |
|-----------------------------------|--|
| 2 whole chicken breasts, boned | 1 14-ounce can chick-peas |
| 8 ounces pepperoni, chopped | 1 14-ounce can cannellini beans |
| 1 or 2 large leeks, chopped | 2 10-ounce cans tomatoes with
green chilies |
| 2 large cloves of garlic, chopped | 1 teaspoon thyme |
| 3 tablespoons olive oil | 1 teaspoon salt |
| 4 or 5 medium carrots, sliced | 1/2 teaspoon pepper |
| 3 cups shredded cabbage | |
| 1 14-ounce can kidney beans | |

Rinse chicken and pat dry; cut into cubes. Brown chicken, pepperoni, leeks and garlic in olive oil in Dutch oven, stirring frequently. Add carrots. Cook for 3 minutes. Add cabbage. Cook for 2 minutes. Stir in beans, tomatoes and chilies, thyme, salt and pepper. Bake, covered, at 325 degrees for 30 to 45 minutes. Bake, uncovered, for 30 minutes longer, stirring occasionally.

Approx Per Serving: Cal 413; Prot 22 g; Carbo 39 g; Fiber 11 g;
T Fat 20 g; 42% Calories from Fat; Chol 28 mg; Sod 1663 mg.

submitted by Lois Flaker



Senate Bean Soup

Yield: 8 servings

1 pound dried white beans
1 large onion
3 whole cloves
4 sprigs of fresh parsley
1 medium bay leaf
2 1-pound smoked ham hocks

1½ cups finely chopped onions
1 cup finely chopped celery
¼ cup finely chopped parsley
1 teaspoon finely chopped garlic
Freshly ground pepper to taste
Salt to taste

Add beans to enough boiling water to cover by 2 inches in 6-quart stockpot. Boil for 2 minutes; remove from heat. Let stand for 1 hour. Pierce 1 onion with cloves; tie parsley sprigs and bay leaf together. Add onion and herb packet to beans. Bring to a boil; reduce heat. Simmer, loosely covered, for 1 hour or until beans are tender, adding boiling water as needed to keep beans covered. Drain, reserving cooking liquid; discard onion and herb packet. Add enough water to reserved liquid to measure 3 quarts. Combine with beans and ham hocks in stockpot. Simmer, covered, for 2 hours. Add onions, celery, chopped parsley, garlic and pepper. Simmer, loosely covered, for 45 minutes. Remove ham hocks from soup. Cut ham into ½-inch pieces, discarding skin and bones. Return ham to soup. Season with salt and pepper. This family recipe was given to the Senate restaurant in Washington by Henry Cabot Lodge, Senator from Massachusetts from 1893 to 1924.

Approx Per Serving: Cal 297; Prot 20 g; Carbo 40 g; Fiber 3 g;
T Fat 7 g; 20% Calories from Fat; Chol 22 mg; Sod 437 mg.

submitted by Lynn Schumacher

 **A**sh Grove, located in the Sneed Road area of Brentwood, got its name from the beautiful ash trees which grew in the area.

A covered bridge was built over the Harpeth River at Ash Grove to make trade between Davidson and Williamson counties easier. That is why it was called Union Bridge. The bridge burned during the Civil War but no one is sure whether it was burned by Federal troops or by local residents trying to keep the Union soldiers at bay.

In February of 1948, the Union Bridge succumbed to nature and old age and crumbled into the Harpeth River. A modern concrete bridge has replaced the historic covered bridge.



White Bean and Pasta Soup

Yield: 4 servings

1 cup dried white beans	1/4 cup olive oil
2 cups finely chopped yellow onions	8 cups chicken broth
2 medium carrots, chopped	4 ounces uncooked bow tie pasta
4 cloves of garlic, minced	1/2 cup drained oil-pack sun-dried tomatoes, chopped
1/2 cup chopped fresh fennel	1/4 cup finely chopped fresh parsley
3/4 teaspoon dried red pepper flakes	Salt to taste
2 bay leaves	

Combine beans with enough cold water to cover by 3 inches in stockpot. Bring to a boil; remove from heat. Let stand, covered, for 1 hour; drain. Sauté onions, carrots, garlic, fennel, pepper flakes and bay leaves in olive oil in heavy skillet over low heat for 15 minutes or until tender. Add to beans with 7 cups chicken broth. Bring to a boil; reduce heat. Simmer, loosely covered, for 1 1/4 hours or until beans are tender. Add pasta and tomatoes. Simmer, loosely covered, for 15 minutes or until pasta is tender, adding up to 1 cup remaining broth if needed for desired consistency. Add parsley and salt. Let stand, covered, for 1 minute; discard bay leaves. Serve with freshly grated Parmesan cheese and garlic bread for a hearty winter supper. This is a modern-pantry version of the classic Italian *pasta e fagioli*. May use white beans such as Great Northern or cannellini or substitute 1/2 cup chopped celery for fennel.

Approx Per Serving: Cal 533; Prot 27 g; Carbo 68 g; Fiber 6 g;
 T Fat 18 g; 30% Calories from Fat; Chol 2 mg; Sod 802 mg.
 Nutritional information includes entire amount of chicken
 broth and does not include sun-dried tomatoes.

submitted by Patsy Bruce

Corn and Cheese Chowder

Yield: 4 servings

2 cups chopped potatoes	1/8 teaspoon pepper
1 cup sliced carrots	1 16-ounce can cream-style corn
1/2 cup water	1 1/2 cups milk
1 teaspoon salt	2/3 cup shredded Cheddar cheese

Combine potatoes, carrots, water, salt and pepper in saucepan. Simmer, covered, for 10 minutes. Add corn. Simmer for 5 minutes longer. Add milk and cheese. Simmer just until cheese melts; do not boil.

Approx Per Serving: Cal 280; Prot 11 g; Carbo 40 g; Fiber 4 g;
 T Fat 10 g; 30% Calories from Fat; Chol 32 mg; Sod 1021 mg.

submitted by Rhonda Hale



Eastern Shore Onion Soup

Yield: 10 servings

10 medium onions, thinly sliced**1/2 cup margarine****10 cups water****10 beef bouillon cubes****1 pound Velveeta cheese, chopped**

Sauté onions in margarine in saucepan. Add water and bouillon; mix well. Cook until heated through. Stir in cheese until melted.

Approx Per Serving: Cal 311; Prot 13 g; Carbo 13 g; Fiber 3 g;

T Fat 24 g; 67% Calories from Fat; Chol 43 mg; Sod 1623 mg.

submitted by Jovita Shean

Tomato Soup with Herbed Yogurt

Yield: 6 servings

1 cup plain yogurt**2 green onions, minced****3 tablespoons minced fresh basil****1 small clove of garlic, minced****Zest of 1 orange, cut into strips****3 medium onions, sliced****6 cloves of garlic, chopped****2 tablespoons extra-virgin olive oil****1 bunch fresh basil, chopped, or 1 1/2
tablespoons dried basil****1 small bunch fresh marjoram,
chopped, or 1 1/2 tablespoons dried
marjoram****1 1/2 teaspoons cumin****1/4 teaspoon dried red pepper, crushed****1 28-ounce can and 1 14-ounce
can peeled tomatoes****3 cups chicken broth****Salt and black pepper to taste**

Combine yogurt, green onions, 3 tablespoons basil and 1 clove of garlic in small bowl; mix well. Chill until serving time. Add orange zest, onions and 6 cloves of garlic to hot olive oil in heavy 3-quart saucepan. Cook, covered, over medium-high heat for 30 minutes or until onions are tender and golden brown, stirring occasionally. Stir in 1 bunch basil, marjoram, cumin and red pepper. Cook for 5 minutes or until cumin is fragrant. Stir in undrained tomatoes and chicken broth. Simmer, covered, over medium-low heat for 20 minutes. Cool slightly. Process soup in several batches in blender or food processor until smooth. Return to saucepan. Season with salt and black pepper. Simmer until heated through. Ladle into soup bowls. Garnish servings with dollops of herbed yogurt.

Approx Per Serving: Cal 162; Prot 7 g; Carbo 20 g; Fiber 4 g;

T Fat 7 g; 38% Calories from Fat; Chol 5 mg; Sod 731 mg.

submitted by Patsy Bruce



Buttermilk Salad

Yield: 12 servings

- | | |
|---|----------------------------------|
| 1 16-ounce can crushed pineapple | 2 cups buttermilk |
| 1 6-ounce package strawberry gelatin | 16 ounces whipped topping |
| | 1/2 cup chopped pecans |

Heat pineapple in saucepan until bubbly. Add gelatin, stirring to dissolve completely. Cool to room temperature. Stir in buttermilk, whipped topping and pecans. Spoon into salad mold. Chill until set. Unmold onto serving plate.

Approx Per Serving: Cal 252; Prot 4 g; Carbo 32 g; Fiber 1 g;
T Fat 13 g; 46% Calories from Fat; Chol 2 mg; Sod 98 mg.

submitted by Billie Dykes

Frozen Salad Supreme


Yield: 12 servings

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|---|-------------------------------|
| 1 16-ounce can whole cranberry sauce | 1 teaspoon lemon juice |
| 1 8-ounce can crushed pineapple, drained | 1 cup sour cream |
| | Salt to taste |

Combine cranberry sauce, pineapple, lemon juice, sour cream and salt in bowl; mix well. Spoon into 5x9-inch pan. Freeze until firm.

Approx Per Serving: Cal 108; Prot 1 g; Carbo 18 g; Fiber 1 g;
T Fat 4 g; 33% Calories from Fat; Chol 9 mg; Sod 21 mg.

submitted by Nancy P. Conway

 **B**eechville, located on Hillsboro Road between Old Hickory Boulevard and Sneed Road, was a vibrant community with churches, several schools, three stores, a wagon stop, a post office and a blacksmith shop.

One of the stores was owned by a Yankee sympathizer, a Mrs. Allen. Because of her affiliation, she was able to cross enemy lines and venture into Nashville to buy hard-to-find items such as salt and kerosene.

Beechville was home to an advanced school, the Sunnyside School, which boasted an advanced music program. All of the teachers were college graduates and the school was one of the few to include first through twelfth grades.



Grape Supreme Salad

Yield: 12 servings

2 envelopes unflavored gelatin
1/4 cup cold water
1 cup boiling water
1/2 cup sugar
Salt to taste
3 tablespoons lemon juice

1 12-ounce can frozen grape juice concentrate
3/4 cup seedless grapes, cut into halves
2 medium bananas, chopped
1/4 cup chopped pecans

Soften gelatin in cold water in bowl. Add boiling water, sugar and salt, stirring to dissolve completely. Stir in lemon juice and grape juice concentrate. Chill until partially set. Fold in grapes, bananas and pecans. Spoon into 4-cup salad mold. Chill until set. Unmold onto serving plate.

Approx Per Serving: Cal 129; Prot 2 g; Carbo 28 g; Fiber 1 g;
T Fat 2 g; 13% Calories from Fat; Chol 0 mg; Sod 4 mg.

submitted by Sallie Swor

Pretzel Salad

Yield: 15 servings

2 cups broken pretzels
3 tablespoons sugar
3/4 cup melted margarine
8 ounces cream cheese, softened
8 ounces whipped topping

1 1/4 cups sugar
1 3-ounce package strawberry gelatin
1 cup chopped apples
1 cup chopped pecans

Mix pretzels, 3 tablespoons sugar and margarine in shallow rectangular baking dish. Bake at 400 degrees for 8 minutes. Cool to room temperature. Blend cream cheese, whipped topping and 1 1/4 cups sugar in mixer bowl until smooth. Spread over pretzel layer. Prepare gelatin using package directions. Chill until partially set. Stir in apples and pecans. Spoon over top of salad. Chill overnight.

Approx Per Serving: Cal 374; Prot 4 g; Carbo 40 g; Fiber 1 g;
T Fat 24 g; 57% Calories from Fat; Chol 17 mg; Sod 387 mg.

submitted by Willa Sanders



The first church in the Brentwood area was Liberty Church, located on Concord Road. The church was founded in 1800 by Green Hill, a Revolutionary War veteran and Methodist leader. In 1808, it was the site of the first Western Conference of the Methodist Church held west of the Alleghenies.



Chicken Salad

Yield: 12 servings

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|--------------------------------------|---|
| 5 cups chopped cooked chicken | 1 1/2 cups sliced celery |
| 2 tablespoons oil | 1 13-ounce can pineapple chunks,
drained |
| 2 tablespoons orange juice | 1 11-ounce can mandarin oranges,
drained |
| 2 tablespoons vinegar | 1 cup toasted slivered almonds |
| 1 teaspoon salt | 1 1/2 cups mayonnaise |
| 3 cups cooked rice | |
| 1/2 cups small green seedless grapes | |

Mix chicken, oil, orange juice, vinegar and salt in bowl. Let stand for several minutes. Combine remaining ingredients in bowl; mix well. Add to chicken mixture. Chill until serving time. May substitute pecans for almonds.

Approx Per Serving: Cal 490; Prot 21 g; Carbo 26 g; Fiber 2 g;
T Fat 35 g; 62% Calories from Fat; Chol 68 mg; Sod 401 mg.

submitted by Sara F. Boyd

Pasta with Vegetable Sauce

Yield: 6 servings

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|---|-------------------------------------|
| 3 cloves of garlic, minced | 1/4 cup chopped fresh parsley |
| 1/3 cup pine nuts | 2 teaspoons whole basil |
| 3 tablespoons olive oil | 1/2 teaspoon salt |
| 1 1/2 cups sliced broccoli flowerets | 1/4 teaspoon pepper |
| 1 1/2 cups snow peas | 12 cherry tomatoes, cut into halves |
| 1 cup sliced zucchini | 1 12-ounce package spaghetti |
| 1 cup frozen green peas | 1/3 cup butter |
| 10 large mushrooms, sliced | 1 cup whipping cream |
| 6 asparagus spears, cut into 1-inch
pieces | 1/2 cup grated Parmesan cheese |

Sauté garlic and pine nuts in olive oil in heavy saucepan for 2 to 3 minutes or until light brown. Add next 10 ingredients. Cook for 5 minutes or until vegetables are tender-crisp, stirring occasionally. Stir in tomatoes. Chill for 1 hour or longer. Cook spaghetti using package directions; rinse with cold water. Melt butter in large saucepan over low heat. Stir in cream and cheese. Cook until cheese is melted, stirring constantly. Add spaghetti; toss lightly. Chill covered, for 1 hour or longer. Spoon vegetable mixture over spaghetti to serve. May serve hot if preferred.

Approx Per Serving: Cal 626; Prot 16 g; Carbo 56 g; Fiber 7 g;
T Fat 39 g; 55% Calories from Fat; Chol 87 mg; Sod 450 mg.

submitted by Patsy Bruce



Rice Salad

Yield: 12 servings

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|--|--------------------------------------|
| 1½ cups uncooked rice | 1 medium sweet onion, chopped |
| 3 cups boiling water | 18 green olives, chopped |
| 1 14-ounce can artichoke hearts | 18 black olives, chopped |
| 1 medium green bell pepper, chopped | 1 cup (about) mayonnaise |

Cook rice in boiling water in saucepan for 15 minutes or until tender. Cool to room temperature. Press artichokes to remove excess moisture; cut into pieces. Combine with green pepper, onion, olives, rice and mayonnaise in bowl; mix well. Chill for 24 hours.

Approx Per Serving: Cal 251; Prot 3 g; Carbo 23 g; Fiber 1 g;
T Fat 17 g; 61% Calories from Fat; Chol 11 mg; Sod 382 mg.

submitted by Carol Krawczyk

Curried Seafood Salad

Yield: 6 servings

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|--|---|
| 1 8-ounce can pineapple tidbits | 1 tablespoon apple cider vinegar |
| 8 ounces shrimp, cooked, peeled | ¾ to 1 tablespoon curry powder |
| ½ cup cooked crab meat | 3 to 4 cups shredded lettuce |
| ¾ cup mayonnaise | ½ cup shredded watercress |
| ¼ cup chopped mango chutney | ¾ cup salted peanuts |

Drain pineapple, reserving juice. Combine pineapple with shrimp and crab meat in bowl; mix well. Chill in refrigerator. Combine 2 to 3 tablespoons reserved pineapple juice with mayonnaise, chutney, vinegar and curry powder in small bowl; mix well. Chill in refrigerator. Combine lettuce and watercress in serving bowl. Chill in refrigerator. Spoon seafood mixture over greens in serving bowl; sprinkle with peanuts. Add chutney dressing; toss to mix well.

Approx Per Serving: Cal 383; Prot 15 g; Carbo 14 g; Fiber 3 g;
T Fat 32 g; 72% Calories from Fat; Chol 87 mg; Sod 396 mg.

submitted by Peggy Jane Yates





Shrimp with Mushrooms and Artichokes Yield: 10 servings

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|---|--|
| 1 envelope each cheese and garlic,
bleu cheese and Italian salad
dressing mix | 2 4-ounce cans button mushrooms,
drained |
| 2 to 3 onions, thinly sliced into rings | 2 14-ounce cans artichoke hearts,
drained |
| 1 4-ounce bottle of capers, drained | 1/2 teaspoon salt |
| 3 pounds shrimp, cooked, peeled | |

Prepare salad dressing mixes using package directions, substituting vinegar for water. Add to remaining ingredients in deep bowl; mix gently. Chill, covered, overnight. May use less oil than called for in salad dressing mixes. Mix salad occasionally while marinating being careful to avoid breaking artichoke hearts.

Approx Per Serving: Cal 452; Prot 26 g; Carbo 13 g; Fiber 1 g;
T Fat 34 g; 69% Calories from Fat; Chol 212 mg; Sod 851 mg.
Nutritional information includes entire amount of marinade
and does not include capers.

submitted by Rudy Jordan

Beets in Cream Salad

Yield: 6 servings

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|--|--|
| 1 16-ounce can small beets,
drained, sliced | 1/2 teaspoon salt |
| 3/4 cup chopped celery | 1/2 cup sour cream |
| Juice of 1/2 lemon | 2 tablespooons chopped green
onions |

Combine all ingredients in bowl; mix well. Spoon into lettuce-lined bowl.

Approx Per Serving: Cal 76; Prot 2 g; Carbo 9 g; Fiber 3 g;
T Fat 4 g; 47% Calories from Fat; Chol 9 mg; Sod 448 mg.

submitted by Dee Dorset

Although local residents refer to the road, the community and the church as Berry's Chapel, the correct name is **Berry Chapel**, for Berry Hamilton. In 1895, Hamilton donated land at the corner of Hillsboro and Berry Chapel roads for the building of a church. The original church structure consisted of one room, all wood, with wood-burning heaters and handmade pews.

In 1964, a fire destroyed the church. Undaunted, the congregation rebuilt their church and it stands strong today.



Festive Cabbage Slaw

Yield: 8 servings

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|--|--------------------------------|
| 1 head cabbage, shredded | 1 cup oil |
| 1 large green bell pepper, cut into strips | 1 cup sugar |
| 2 medium red onions, chopped | $\frac{3}{4}$ cup vinegar |
| 1 4-ounce jar chopped pimentos | 1 teaspoon celery seed |
| | 1 $\frac{1}{2}$ teaspoons salt |

Layer cabbage, green pepper, onions and pimentos in serving dish. Combine oil, sugar, vinegar, celery seed and salt in saucepan. Boil for 2 minutes. Pour over vegetables; do not toss. Chill, covered, for 4 hours to overnight. Toss just before serving. May keep in refrigerator for up to 2 weeks.

Approx Per Serving: Cal 367; Prot 1 g; Carbo 32 g; Fiber 2 g;
T Fat 28 g; 65% Calories from Fat; Chol 0 mg; Sod 408 mg.

submitted by Pat Hesson

Cauliflower Salad


Yield: 8 servings

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|---|---------------------------------|
| 1 envelope cheese and garlic salad dressing mix | Flowerets of 1 head cauliflower |
| 1 cup mayonnaise | 1 cup thinly sliced radishes |
| 1 cup sour cream | 1 bunch green onions, sliced |
| | 1 cucumber, thinly sliced |

Mix salad dressing mix, mayonnaise and sour cream in bowl. Chill for 2 hours. Combine cauliflower, radishes, green onions and cucumber in salad bowl. Add salad dressing; toss to mix well. Chill until serving time.

Approx Per Serving: Cal 283; Prot 3 g; Carbo 7 g; Fiber 2 g;
T Fat 28 g; 86% Calories from Fat; Chol 29 mg; Sod 302 mg.

submitted by Inez Rice

 The community of **Forest Home**, located off Old Hillsboro Road, is an area boasting old historic homes, rock walls and split rail fences. The community was named by Nicholas Edwin Perkins, son of Bigbee Perkins, for General Nathan Bedford Forrest.

Forest Home boasted a blacksmith shop and distillery. After 1900, the community had two general stores, located across the street from each other. The community also features a stone bridge that once was crossed by Andrew and Rachel Jackson in their travels, and by Andrew Jackson and his men on their way to fight the Battle of New Orleans.



Copper Pennies

Yield: 10 servings

2 pounds carrots, sliced
1 small onion, finely chopped
1 green bell pepper, finely chopped
3 stalks celery, finely chopped
1 10-ounce can tomato soup
1 cup sugar

1/4 cup oil
3/4 cup cider vinegar
1 tablespoon dry mustard
1 tablespoon Worcestershire sauce
Tabasco sauce to taste

Cook carrots in water in saucepan for 10 minutes or until tender; drain. Add onion, green pepper and celery; mix well. Combine soup, sugar, oil, vinegar, dry mustard, Worcestershire sauce and Tabasco sauce in small saucepan. Bring to a boil, stirring frequently. Pour over carrot mixture. Spoon into serving dish. Marinate, covered, in refrigerator overnight.

Approx Per Serving: Cal 199; Prot 2 g; Carbo 36 g; Fiber 3 g;
T Fat 6 g; 28% Calories from Fat; Chol 0 mg; Sod 251 mg.

submitted by Sara Layne

Cucumber and Onion Salad

Yield: 6 servings

8 ounces cream cheese, softened
1 cup mayonnaise
1 envelope unflavored gelatin
1/2 cup cold water
Juice of 1/2 lemon

Tabasco sauce to taste
Salt and pepper to taste
1 cup chopped cucumber
1/2 cup chopped onion

Beat cream cheese and mayonnaise in bowl until smooth. Dissolve gelatin in cold water in saucepan. Heat until gelatin dissolves, stirring frequently. Add to cream cheese mixture with lemon juice, Tabasco sauce, salt and pepper; mix well. Stir in cucumber and onion. Spoon into serving dish. Chill until set.

Approx Per Serving: Cal 411; Prot 5 g; Carbo 5 g; Fiber 1 g;
T Fat 42 g; 91% Calories from Fat; Chol 63 mg; Sod 322 mg.

submitted by Becky Darby



Brentwood Methodist Church, currently located on Franklin Road, was first a two-story structure situated on Hardscuffle Road. It has the distinction of being the first Methodist Church in the country to allow men and women to sit together during worship services.



Garden Salad

Yield: 12 servings

1 medium head lettuce, finely chopped
2 carrots, chopped
6 green onions, sliced
1 cucumber, chopped
1 green bell pepper, chopped
6 radishes, sliced

2 tablespoons vinegar
 $\frac{1}{3}$ cup corn oil
 $\frac{1}{2}$ teaspoon garlic salt
Pepper to taste
4 slices crisp-fried bacon, crumbled
4 hard-boiled eggs, chopped

Combine lettuce, carrots, green onions, cucumber, green pepper and radishes in salad bowl. Combine vinegar, oil, garlic salt and pepper in small bowl; mix well. Pour over salad; toss lightly. Top with bacon and eggs. Serve immediately. May substitute 1 medium onion for green onions.

Approx Per Serving: Cal 107; Prot 3 g; Carbo 3 g; Fiber 1 g;
T Fat 9 g; 75% Calories from Fat; Chol 73 mg; Sod 148 mg.

submitted by Clara E. Dotson

Orange and Walnut Tossed Salad

Yield: 8 servings

1 cup oil
 $\frac{1}{2}$ cup white vinegar
1 teaspoon grated onion
 $\frac{1}{2}$ cup sugar
1 teaspoon paprika
1 teaspoon celery seed
1 teaspoon dry mustard

1 teaspoon salt
2 small heads Bibb lettuce, torn
1 pound fresh spinach, torn
 $\frac{1}{2}$ purple onion, sliced into rings
Sections of 2 oranges
 $\frac{1}{2}$ cup coarsely chopped walnuts
2 teaspoons butter

Combine oil, vinegar, onion, sugar, paprika, celery seed, dry mustard and salt in jar; cover tightly. Shake to mix well. Chill for several hours. Combine lettuce, spinach, onion and oranges in large bowl; mix well. Sauté walnuts in butter in skillet until light brown. Add to salad. Add dressing; toss lightly.

Approx Per Serving: Cal 388; Prot 4 g; Carbo 23 g; Fiber 4 g;
T Fat 33 g; 73% Calories from Fat; Chol 3 mg; Sod 322 mg.

submitted by Becky Darby



Quick and Easy Salad

Yield: 8 servings

- 1 9-ounce can artichoke hearts,
drained
- 1 8-ounce can cut green beans,
drained
- 1 18-ounce can cut wax beans,
drained
- 1 cup cooked sliced carrots

- 1 medium onion, thinly sliced
- 1/2 cup mayonnaise
- 1/4 cup chili sauce
- 1 clove of garlic, minced
- 1/2 cup pitted olives
- 1/4 teaspoon each oregano and basil
- 1 teaspoon each vinegar and salt

Mix artichoke hearts, green beans, wax beans, carrots and onion in bowl. Add mixture of remaining ingredients; toss lightly. Chill, covered, for several hours.

Approx Per Serving: Cal 162; Prot 3 g; Carbo 12 g; Fiber 3 g;
T Fat 13 g; 66% Calories from Fat; Chol 8 mg; Sod 824 mg.

submitted by Edna Amacher

Marinated Tomatoes

Yield: 10 servings


- 5 large tomatoes, sliced
- 1/4 cup oil
- 3 tablespoons red wine vinegar
- 1 teaspoon sugar

- 2 green onions, minced
- 1/4 teaspoon oregano
- 1 teaspoon salt

Overlap tomatoes in 9x13-inch dish. Mix remaining ingredients with fork in bowl. Spoon over tomatoes. Chill, covered, in refrigerator.

Approx Per Serving: Cal 63; Prot 1 g; Carbo 3 g; Fiber 1 g;
T Fat 6 g; 75% Calories from Fat; Chol 0 mg; Sod 218 mg.

submitted by Pat Hesson

 The Grassland community, located on Hillsboro Road between Franklin and Brentwood, started when William Leaton II built a log home on Hillsboro Road. The house was used as an inn and there was a blacksmith shop on Brown's Creek, right behind the house. The house had feeding racks and watering troughs for animals and was also used as a mustering grounds for newly enlisted Confederate soldiers. Today the home is used as a club house.

Grassland was also known for a "gum spring," an active spring on Brown's Creek that ran even when others were low. It was named for the gum barrel in the spot where the water rose to make a deeper basin.



Grandmother's Bleu Cheese Dressing

Yield: 10 servings

$\frac{3}{4}$ teaspoon sugar
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

$\frac{3}{4}$ cup olive oil
3 tablespoons vinegar
 $\frac{3}{4}$ cup crumbled bleu cheese

Mix sugar, salt and pepper in small bowl. Add olive oil and vinegar; mix well. Stir in bleu cheese.

Approx Per Serving: Cal 175; Prot 2 g; Carbo 1 g; Fiber 0 g;
T Fat 19 g; 94% Calories from Fat; Chol 6 mg; Sod 279 mg.

submitted by Gilda Bowman

Old-Fashioned Cooked Salad Dressing

Yield: 16 servings

$\frac{1}{2}$ cup apple cider vinegar
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup sugar
1 teaspoon dry mustard

1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 eggs, beaten

Bring vinegar and water to a boil in saucepan. Add sugar, dry mustard, salt, pepper and eggs; mix well. Cook until thickened to desired consistency, stirring constantly. Use for coleslaw or potato salad.

Approx Per Serving: Cal 35; Prot 1 g; Carbo 7 g; Fiber 0 g;
T Fat 1 g; 17% Calories from Fat; Chol 27 mg; Sod 142 mg.

submitted by Stella Rooker

Sweet Margaret Salad Dressing

Yield: 24 servings

1 cup oil
 $\frac{1}{2}$ cup vinegar
2 teaspoons catsup
1 small onion, minced
2 cloves of garlic, minced

$\frac{1}{2}$ cup sugar
2 teaspoons (heaping) paprika
Red pepper and chili powder to taste
2 teaspoons salt
 $\frac{1}{2}$ teaspoon black pepper

Combine all ingredients in jar; shake to mix well. Store in refrigerator for several days to several weeks. Shake before serving.

Approx Per Serving: Cal 100; Prot <1 g; Carbo 5 g; Fiber <1 g;
T Fat 9 g; 80% Calories from Fat; Chol 0 mg; Sod 183 mg.

submitted by Gale B. Haddock



Meats



Fairview is a scenic area of the county, boasting hills, forests and lakes. This rustic log home, owned by Dennis and June Arnold Morgan, is typical of the homes in the Fairview area and is surrounded by acres of forest and spring-fed lakes.



The city of **Fairview** is a small community known for its great natural beauty. It is situated in the northwest corner of Williamson County and is the third largest town in the county.

While settlers came to the area in the 1800s, the town was not incorporated until 1959. The first settlers found the area poor for farming and drifted away. Later settlers came and decided to harvest the trees. For that reason, the community was first called Barrens.

In the early 1930s, the name changed to Jingo because of the saying, "well by jingo." Then the town was given the name Fairview. While some think the town got its name from the home called Fairview on Bear Creek Road, the name actually originated from George Lampley.

Fairview's first business was Daugherty's store. It was started by W. F. (Will) Daugherty in 1922. Supplies like possum hides, rabbit, quail, country ham, cream and butter were taken to Nashville by covered wagon and Daugherty would return with overalls, sheets, bolts of cloth, sugar, coffee, nails and horseshoes. Supplies to trade were taken to Nashville by covered wagon. Back then, it took three days to make the trip.

Tom Taylor also started a general merchandise store, and it exists today. Taylor also served as the first mayor of Fairview in 1959. Fairview also had one of the first women mayors in the 1960s.

Other firsts included the first radio, belonging to John Bethshears and the first telephones in the area in the 1950s.



Boeuf Bourguignon in Gougere Pastry

Yield: 4 servings

1 pound stew beef, cut into 1-inch cubes
 2 slices bacon, chopped
 1 cup red wine
 1/2 cup water
 1 tablespoon tomato paste
 1 large clove of garlic, minced
 1/2 teaspoon thyme
 1 bay leaf
 1/4 teaspoon salt
 1 teaspoon pepper
 1 1/2 cups pitted black olives, cut into wedges


1 cup small whole frozen onions
 8 ounces fresh mushrooms, sliced
 1/3 cup margarine
 1 cup water
 1 cup flour
 3 eggs
 1/4 cup grated Parmesan cheese
 2 tablespoons drained chopped black olives
 2 1/2 tablespoons flour
 1/4 cup red wine

Combine stew beef, bacon, 1 cup wine, 1/2 cup water, tomato paste, garlic, thyme, bay leaf, salt and pepper in large saucepan; cover. Bring to a boil; reduce heat. Simmer for 1 hour. Stir in 1 1/2 cups olives, onions and mushrooms. Simmer, covered, for 30 minutes. Bring margarine and 1 cup water to a boil in saucepan over medium-high heat. Remove from heat when margarine is melted. Stir in 1 cup flour all at once. Beat with wooden spoon until mixture pulls from side of pan and forms firm ball. Beat in eggs 1 at a time. Stir in cheese and 2 tablespoons olives. Divide into 4 portions. Press around sides only of 4 buttered individual oval baking dishes. Bake at 400 degrees for 20 minutes or until golden brown. Blend 2 1/2 tablespoons flour with 1/4 cup wine. Stir into beef mixture. Cook until thickened, stirring constantly. Discard bay leaf. Spoon into gougere-lined baking dishes.

Approx Per Serving: Cal 653; Prot 35 g; Carbo 35 g; Fiber 4 g;

T Fat 38 g; 55% Calories from Fat; Chol 230 mg; Sod 842 mg.

submitted by Joyce McAllister

 The community of **Craigfield** is located about 20 miles west of Franklin on Pinewood Road. The community was started by Vachel Isaiah Barnhill in 1840 and was named for Craig Place, a nearby farm.

The first school in Craigfield was a one-room log building constructed sometime before the turn of the century. A two-room school opened in 1912. Back then, school was different. School was open from July to February, as many youngsters walked to school without shoes and couldn't walk the distance during the winter months.



Beef Burgundy

Yield: 8 servings

2 pounds round steak, cut into
1-inch cubes
1 tablespoon Kitchen Bouquet
1/4 cup uncooked cream of rice
5 carrots, sliced 1/2 inch thick
4 stalks celery, sliced 1/2 inch thick
1 cup sliced onion
1 clove of garlic, minced

1 cup Burgundy
1 4-ounce jar button mushrooms,
drained
1/8 teaspoon marjoram
1/8 teaspoon thyme
2 teaspoons salt
1/8 teaspoon pepper

Combine beef with Kitchen Bouquet and cereal in slow cooker; mix well. Add carrots, celery, onion, garlic, wine, mushrooms, marjoram, thyme, salt and pepper; mix well. Cook on High for 1 hour. Reduce temperature to Low. Cook for 7 to 9 hours longer or until beef is tender. Serve over rice, mashed potatoes or homemade noodles. May bake, covered, in 2 1/2-quart baking dish at 325 degrees for 2 1/2 hours, stirring every 30 minutes. Serve with a salad and rolls for an easy dinner elegant enough for company.

Approx Per Serving: Cal 226; Prot 23 g; Carbo 12 g; Fiber 2 g;
T Fat 7 g; 27% Calories from Fat; Chol 64 mg; Sod 663 mg.
Nutritional information does not include Kitchen Bouquet.

submitted by Catherine Emerson

Old-Fashioned Beef Stroganoff

Yield: 2 servings

8 ounces beef sirloin, cubed
4 large mushrooms, sliced
1/4 cup chopped onion
1 tablespoon oil
1 tablespoon flour

1/4 cup water
1/2 cup sour cream
1/4 teaspoon dillweed
1/2 teaspoon salt

Brown beef with mushrooms and onion in oil in small skillet, stirring to brown evenly. Blend flour with water in measuring cup. Stir in sour cream, dillweed and salt. Stir into beef mixture. Cook until thickened, stirring constantly. Serve over egg noodles; garnish with paprika.

Approx Per Serving: Cal 362; Prot 24 g; Carbo 9 g; Fiber 1 g;
T Fat 26 g; 64% Calories from Fat; Chol 89 mg; Sod 600 mg.

submitted by Jonathan Billings



Texas Barbecued Brisket

Yield: 12 servings


1/4 cup Worcestershire sauce	1/2 teaspoon chili powder
2 tablespoons cider vinegar	1/4 teaspoon red pepper
2 tablespoons oil	1 5 to 6-pound beef brisket
3/4 cup water	1/2 cup (or more) catsup
2 cloves of garlic, minced	2 tablespoons brown sugar
1/2 teaspoon instant beef bouillon	2 tablespoons margarine
1/2 teaspoon dry mustard	

Soak 1 1/2 to 2 pounds mesquite chips in water for 4 hours. Heat coals in grill. Combine Worcestershire sauce, vinegar, oil, water, garlic, beef bouillon, dry mustard, chili powder and red pepper in small bowl; mix well. Reserve 1/2 cup sauce. Place drip pan in lower part of grill, rearranging coals around pan. Drain mesquite chips. Arrange 1/4 of the chips over coals. Place beef fatty side up on rack over drip pan; brush with sauce. Close grill. Grill for 2 1/2 to 3 hours, brushing with sauce every 30 minutes and adding dampened mesquite chips as needed. Combine reserved sauce with 1/2 cup catsup, brown sugar and margarine in small saucepan. Simmer for 20 minutes. Add enough additional catsup to make of desired consistency. Cook until heated through. Serve sauce with brisket.

Approx Per Serving: Cal 361; Prot 43 g; Carbo 6 g; Fiber <1 g;

T Fat 17 g; 44% Calories from Fat; Chol 128 mg; Sod 296 mg.

submitted by C. Thomas Marsh

 **F**ernvale, located west of Franklin on Old Harding Road, got its name for all of the lush green foliage in the area. The area was once a resort community where the affluent people of Nashville and Franklin would travel by train and buggy to take advantage of the sulphur springs.

Log cabins were built on the hillside for families and large two-story hotels were built on both sides of the road, with a connecting passageway over the road. The sulphur springs were advertised as a remedy for many illnesses, including kidney, nerves, rheumatism and for teething children.



Barbecue Sauce

Yield: 8 servings

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|---|------------------------------------|
| 1 cup catsup | 2 tablespoons oil |
| 1/2 cup water | 2 tablespoons brown sugar |
| 2 tablespoons Worcestershire sauce | Hot sauce to taste |
| 2 tablespoons vinegar | 1 teaspoon prepared mustard |

Combine catsup, water, Worcestershire sauce, vinegar, oil, brown sugar, hot sauce and mustard in bowl; mix well. Use as sauce for barbecuing.

Approx Per Serving: Cal 83; Prot 1 g; Carbo 13 g; Fiber 1 g;
T Fat 4 g; 37% Calories from Fat; Chol 0 mg; Sod 402 mg.

submitted by Holly McAllister

Slow-Cooker Chuck Roast


Yield: 6 servings

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|------------------------------------|--|
| 1 2 to 3-pound chuck roast | 1 envelope brown gravy mix |
| 1/2 cup red wine | Garlic powder, salt and pepper to taste |
| 1/2 cup water | |
| 2 tablespoons brown mustard | |

Place roast in slow cooker. Mix wine, water, mustard, gravy mix, garlic powder, salt and pepper in bowl. Pour over roast. Cook for 8 to 10 hours or until roast is tender.

Approx Per Serving: Cal 334; Prot 43 g; Carbo 3 g; Fiber <1 g;
T Fat 14 g; 37% Calories from Fat; Chol 128 mg; Sod 406 mg.

submitted by Amy Pewitt

 The community of **Liberty Hill**, located off Old Cox Pike and Crow Cut Road, was a vibrant town around the turn of the century. Liberty Hill featured a grist mill, sawmill, general store, stave mill and blacksmith shop. Ironically, all businesses were at one time or another owned by Will Sullivan, a prominent man in the community.

Liberty Hill also boasts Turnbull Creek. The creek was given the name because in the days of oxcarts, there were no bridges to cross the creek. According to legend, two men were driving a team of oxen and the creek was deeper than the men thought, so they said "turn the bulls around."



Grilled Flank Steak

Yield: 4 servings

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| 1 2-pound flank steak | 1 tablespoon red wine vinegar |
| 2 tablespoons dry red wine | 1 tablespoon tomato paste |
| 1 tablespoon horseradish | 2 cloves of garlic, minced |
| 1 tablespoon Worcestershire sauce | 2 teaspoons thyme |

Score steak on both sides at 1½-inch intervals. Place in shallow dish. Combine wine, horseradish, Worcestershire sauce, vinegar, tomato paste, garlic and thyme in bowl; mix well. Pour over steak, coating well. Marinate in refrigerator for 8 hours, turning occasionally. Grill for 30 minutes or until done to taste. This is a good recipe for outdoor entertaining in the summer.

Approx Per Serving: Cal 313; Prot 43 g; Carbo 3 g; Fiber <1 g;
T Fat 13 g; 39% Calories from Fat; Chol 128 mg; Sod 113 mg.
Nutritional information includes entire amount of marinade.

submitted by Katherine Martinez

Steak and Rice

Yield: 6 servings

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|--|--|
| 1½ pounds sirloin steak | 1 10-ounce can cream of mushroom soup |
| 1½ tablespoons oil | ½ cup dry sherry |
| 2 large onions, sliced ½ inch thick, separated into rings | 1 teaspoon garlic salt |
| 1 4-ounce can sliced mushrooms | 3 cups cooked rice |

Cut steak into thin strips. Brown in oil in skillet over high heat, stirring frequently. Add onions. Sauté until onions are tender-crisp. Drain mushrooms, reserving liquid. Combine reserved liquid with soup, wine and garlic salt in small bowl. Add to skillet with mushrooms; reduce heat. Simmer, covered, for 1 hour or until steak is tender. Serve over rice.

Approx Per Serving: Cal 386; Prot 25 g; Carbo 34 g; Fiber 2 g;
T Fat 14 g; 32% Calories from Fat; Chol 64 mg; Sod 842 mg.

submitted by Betty Frensley



Beef Stew

Yield: 8 servings

2½ pounds stew beef
3 large carrots, sliced
6 potatoes, peeled, chopped
2 onions, chopped
1 10-ounce can tomato soup

1 10-ounce can cream of mushroom soup
1 soup can water
1 16-ounce can peas
Salt and pepper to taste

Combine beef, carrots, potatoes, onions, soups, water, peas, salt and pepper in bowl; mix well. Spoon into large baking dish. Bake, covered, at 275 degrees for 5 hours.

Approx Per Serving: Cal 386; Prot 32 g; Carbo 38 g; Fiber 5 g;
T Fat 12 g; 27% Calories from Fat; Chol 80 mg; Sod 747 mg.

submitted by Linda K. Green

Beef and Rice Fiesta

Yield: 5 servings

1 pound ground beef
1 medium onion, sliced
1½ cups water
1 10-ounce can golden mushroom soup
1 16-ounce can whole kernel corn

1 teaspoon chili powder
1 teaspoon salt
1½ cups quick-cooking rice
1 medium tomato, cut into 8 wedges
1 green bell pepper, cut into rings

Brown ground beef in skillet, leaving in large chunks. Add onion. Cook over medium heat until onion is tender, stirring frequently; drain. Add water, soup, corn, chili powder and salt. Bring to a boil. Stir in rice. Add tomato and green pepper. Simmer, covered, for 5 minutes. Fluff with fork.

Approx Per Serving: Cal 406; Prot 22 g; Carbo 46 g; Fiber 3 g;
T Fat 15 g; 33% Calories from Fat; Chol 59 mg; Sod 1167 mg.

submitted by Amanda Billings





Chili

Yield: 12 servings

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|------------------------------------|------------------------------------|
| 2 stalks celery, chopped | 2 beef bouillon cubes |
| 2 green bell peppers, chopped | 2 16-ounce cans water |
| 2 medium onions, chopped | 2 tablespoons Worcestershire sauce |
| 2 tablespoons oil | Tabasco sauce to taste |
| 2 pounds lean ground beef | 2 teaspoons sugar |
| 2 16-ounce cans red beans, drained | 2 ounces chili powder |
| 2 16-ounce cans tomatoes, crushed | Garlic salt to taste |

Sauté celery, green peppers and onions in hot oil in large saucepan. Add ground beef. Cook until ground beef is just slightly pink, stirring frequently; drain. Add beans, tomatoes and bouillon cubes dissolved in water. Stir in Worcestershire sauce, Tabasco sauce, sugar, chili powder and garlic salt. Simmer for 1 hour. Serve over spaghetti or tamales, topped with Cheddar cheese. This recipe was developed at the One-Stop Market and General's Retreat and refined for home use.

Approx Per Serving: Cal 284; Prot 20 g; Carbo 21 g; Fiber 9 g;
T Fat 14 g; 44% Calories from Fat; Chol 49 mg; Sod 652 mg.

submitted by Jim and Marie Lanier

Health-Nut Chili

Yield: 8 servings

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|--|----------------------------------|
| 2 pounds lean ground beef | 2 envelopes mild chili seasoning |
| 2 32-ounce jars onion and green
pepper-seasoned spaghetti sauce | mix |
| 2 12-ounce cans pinto beans | 1 cup (about) water |

Brown ground beef in large saucepan, stirring until crumbly; place in colander to drain. Rinse with hot water to remove additional grease. Return to saucepan. Add spaghetti sauce, beans and chili seasoning mix; mix well. Stir in enough water to make of desired consistency. Simmer for 1½ to 2 hours or until done to taste, stirring occasionally. May use salt-free chili seasoning mix if desired.

Approx Per Serving: Cal 552; Prot 29 g; Carbo 51 g; Fiber 3 g;
T Fat 27 g; 43% Calories from Fat; Chol 74 mg; Sod 1585 mg.

submitted by Randell Dawson



Ground Beef and Potato Cakes

Yield: 4 servings

4 medium potatoes	1/2 teaspoon dry mustard
1 pound ground beef	1/2 teaspoon salt
1 tablespoon minced onion	1 teaspoon oil

Peel and grate potatoes. Combine with ground beef, onion, dry mustard and salt in bowl; mix well. Shape into 4 thick patties. Brown on both sides in oil in skillet over very low heat. Simmer, covered, for 15 minutes. Add a small amount of boiling water. Simmer, covered, for 15 minutes longer.

Approx Per Serving: Cal 386; Prot 24 g; Carbo 34 g; Fiber 2 g;
T Fat 17 g; 40% Calories from Fat; Chol 74 mg; Sod 340 mg.

submitted by Nina Vande Water

Indian Meat Loaf

Yield: 8 servings

1 pound ground beef	1 1/4 cups canned tomatoes
1 pound ground pork	1/2 cup cream-style corn
1 egg	1/4 teaspoon sage
1/2 cup cornmeal	2 teaspoons salt
1/2 cup chopped onion	1/4 teaspoon pepper
1/4 cup chopped green bell pepper	

Combine ground beef, ground pork, egg, cornmeal, onion, green pepper, tomatoes, corn, sage, salt and pepper in bowl; mix well. Pack into 5x9-inch loaf pan. Bake at 350 degrees for 1 1/2 hours. May spread with 8 ounces tomato sauce before baking if desired.

Approx Per Serving: Cal 277; Prot 26 g; Carbo 12 g; Fiber 2 g;
T Fat 14 g; 44% Calories from Fat; Chol 106 mg; Sod 714 mg.

submitted by Neva Wisdom



Italian Meat Loaf

Yield: 12 servings


1/2 medium onion, chopped
1 small green bell pepper, chopped
1 teaspoon oil
2 eggs
1/4 cup Italian bread crumbs
1 small clove of garlic, minced
1/4 cup tomato sauce

1/4 teaspoon chopped parsley
Salt and pepper to taste
2 pounds ground chuck
5 slices ham, chopped
1 1/2 cups shredded mozzarella cheese

Sauté onion and green pepper in oil in skillet. Beat eggs in bowl. Add bread crumbs, garlic, tomato sauce, parsley, salt and pepper; mix well. Add ground chuck; mix well. Shape into 9 1/2 x 12-inch rectangle on waxed paper. Top with ham, cheese and onion mixture. Roll ground beef to enclose filling; place seam side down in 9 x 13-inch baking dish. Bake at 350 degrees for 1 hour and 10 minutes. This recipe won first place in an Italian Main Dish Cook-Off.

Approx Per Serving: Cal 242; Prot 21 g; Carbo 3 g; Fiber <1 g;
T Fat 16 g; 59% Calories from Fat; Chol 102 mg; Sod 311 mg.

submitted by Mary Jo Kiker

 **New Hope** is situated in the western part of the county, past Fairview. Some folks believed that travel further west was too difficult so they stopped and set up shop. New Hope had a grist mill and a general store.

It also had an Odd Fellows Lodge, one of the few in the county. Lodge members and their families would hold a celebration once a year around the first of June which included dinner on the ground! Maybe that is where they got the name Odd Fellows.



Mike Newman's Mexican Casserole

Yield: 8 servings

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|--|---|
| 1 pound ground beef | 1 16-ounce can chili without beans |
| Salt and pepper to taste | 1 8-count package frozen corn |
| 1 10-ounce can cream of mushroom soup | tortillas, thawed, torn |
| 1 10-ounce can Ro-Tel tomatoes | 2 cups shredded Monterey Jack cheese |

Brown ground beef in large skillet, stirring until crumbly; drain. Add salt, pepper, soup, tomatoes and chili; mix well. Cook until heated through. Layer torn tortillas, meat sauce and cheese $\frac{1}{2}$ at a time in rectangular baking dish. Bake at 350 degrees for 15 minutes or until bubbly. May use chili with beans if preferred.

Approx Per Serving: Cal 429; Prot 24 g; Carbo 20 g; Fiber 3 g;
T Fat 28 g; 59% Calories from Fat; Chol 65 mg; Sod 982 mg.

submitted by Sara P. Gilliam

Texas Hot Tamale Pie

Yield: 10 servings

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|--|---|
| 1 large onion, coarsely chopped | 1 envelope chili seasoning mix |
| 1 green bell pepper, coarsely chopped | 1 8-ounce can tomato sauce |
| 1 stalk celery, coarsely chopped | 1 8-ounce package corn muffin mix |
| 1 tablespoon oil | 1 cup evaporated milk |
| 2 pounds lean ground beef | 2 cups shredded sharp Cheddar cheese |
| 1 teaspoon salt | |

Sauté onion, green pepper and celery in oil in skillet until tender. Brown ground beef with salt in skillet, stirring until crumbly; drain. Add onion mixture, chili seasoning mix, tomato sauce and enough water to make of desired consistency. Simmer for 5 minutes. Spoon into 9x13-inch baking dish. Combine corn muffin mix and evaporated milk in bowl; mix well. Spoon over ground beef mixture; top with cheese. Bake at 400 degrees for 20 minutes or until brown and bubbly. Serve with green salad for a "quick draw" dinner.

Approx Per Serving: Cal 384; Prot 25 g; Carbo 15 g; Fiber 1 g;
T Fat 25 g; 58% Calories from Fat; Chol 90 mg; Sod 691 mg.

submitted by Jeannie C. Riley



Country Ham

Yield: 45 servings

1 15-pound country ham
1 cup vinegar
1 cup molasses
1 red pepper pod

1/2 cup cornmeal
1/2 cup packed brown sugar
Pepper to taste
1/2 cup sweet pickle juice

Scrub ham wall. Combine with cold water to cover in large aluminum stockpot. Soak overnight; drain. Add cold water to cover, vinegar, molasses and red pepper. Bring to a boil. Cook, covered, for 45 minutes. Place stockpot in large container lined with newspapers; fold newspapers over stockpot. Cover entire container with quilts. Let stand for 24 hours. Remove ham from cooking liquid. Trim and discard skin and excess fat. Place in baking pan. Top with mixture of cornmeal and brown sugar; sprinkle with pepper. Drizzle with pickle juice. Bake at 200 degrees for 30 minutes. Cool completely before slicing.

Approx Per Serving: Cal 175; Prot 9 g; Carbo 9 g; Fiber <1 g;
T Fat 11 g; 59% Calories from Fat; Chol 35 mg; Sod 682 mg.
Nutritional information does not include pickle juice.

submitted by Dora S. Palmer

Ham and Chicken Jambalaya

Yield: 6 servings

2 onions, chopped
2 cloves of garlic, chopped
1 cup chopped celery
1 green bell pepper, chopped
1/4 cup olive oil
1 cup uncooked long grain rice
3 cups chicken broth

1 16-ounce can tomatoes
1/4 cup tomato paste
6 slices pepperoni, cut into quarters
2 cups chopped cooked ham
2 cups chopped cooked chicken
Hot pepper sauce to taste

Sauté onions, garlic, celery and green pepper in olive oil in 2-quart saucepan over medium heat. Add rice. Sauté for 5 minutes. Stir in chicken broth, tomatoes and tomato paste. Simmer for 20 minutes or until rice is tender and liquid is absorbed. Stir in pepperoni, ham and chicken. Simmer for 5 minutes. Season with pepper sauce.

Approx Per Serving: Cal 449; Prot 33 g; Carbo 36 g; Fiber 3 g;
T Fat 19 g; 38% Calories from Fat; Chol 70 mg; Sod 1310 mg.

submitted by Patrice G. Bishop



Baked Dill Pork Chops

Yield: 4 servings

4 pork chops
1/2 cup flour
1 tablespoon oil
2 medium onions, chopped

1 cup chopped dill pickles
1 cup water
1/2 cup pickle juice

Coat pork chops with flour. Brown on both sides in oil in large skillet. Remove to baking dish. Sauté onions and pickles in drippings in skillet. Add water and pickle juice. Spoon over pork chops. Bake, covered, at 350 degrees for 30 minutes. Bake, uncovered, for 30 minutes longer.

Approx Per Serving: Cal 347; Prot 35 g; Carbo 19 g; Fiber 2 g;
T Fat 14 g; 36% Calories from Fat; Chol 98 mg; Sod 635 mg.
Nutritional information does not include pickle juice.

submitted by Katherine Martinez

Greek Porker Delight

Yield: 6 servings

1 10-ounce package frozen
chopped spinach, thawed, drained
3 ounces feta cheese
Pepper to taste

2 12-ounce pork tenderloins
Salt to taste
3 bay leaves
1 cup white wine

Combine spinach, cheese and pepper in bowl; mix well. Pierce tenderloins lengthwise with sharpened wooden spoon. Stuff spinach mixture into tenderloins; sprinkle with salt. Place in 8x12-inch roasting pan. Add bay leaves and 1/2 cup wine. Roast at 400 degrees for 45 minutes, turning frequently and basting with remaining wine; discard bay leaves. Slice tenderloins diagonally and serve with hot cooked wild rice or chill or slice thin and serve over salad of lettuce, olives, cucumbers and tomatoes. This recipe won first prize at the 1992 Heritage Foundation picnic.

Approx Per Serving: Cal 239; Prot 26 g; Carbo 3 g; Fiber 1 g;
T Fat 11 g; 40% Calories from Fat; Chol 82 mg; Sod 255 mg.

submitted by Kristina Hartley



Mother's Oven-Barbecued Pork Chops

Yield: 6 servings

6 pork chops
2 tablespoons oil
1/2 cup catsup
1/2 cup water
3 tablespoons Worcestershire sauce

3 tablespoons steak sauce
2 tablespoons vinegar
1 small onion, minced
1/4 cup sugar

Brown pork chops on both sides in oil in skillet; remove to baking dish. Combine catsup, water, Worcestershire sauce, steak sauce, vinegar, onion and sugar in bowl; mix well. Spoon over pork chops. Bake at 325 degrees for 1 hour.

Approx Per Serving: Cal 346; Prot 33 g; Carbo 19 g; Fiber 1 g;
T Fat 15 g; 40% Calories from Fat; Chol 98 mg; Sod 388 mg.

submitted by Betty Brooks

Pot of Gold Pork Roast

Yield: 8 servings

1 3 to 4-pound pork roast
2 tablespoons oil
1 10-ounce can golden mushroom soup
1/2 cup water
1/2 cup chopped onion

1 tablespoon paprika
1 medium bay leaf
1/2 teaspoon salt
Pepper to taste
6 carrots, cut into 2-inch pieces
4 potatoes, cut into halves

Brown pork roast on all sides in oil in large heavy saucepan; drain. Add soup, water, onion, paprika, bay leaf, salt and pepper. Simmer, covered, for 1 1/4 hours, stirring occasionally. Add carrots and potatoes. Simmer for 1 hour longer or until vegetables are tender; discard bay leaves. May thicken sauce if desired.

Approx Per Serving: Cal 467; Prot 48 g; Carbo 23 g; Fiber 3 g;
T Fat 19 g; 38% Calories from Fat; Chol 139 mg; Sod 550 mg.

submitted by Thelma D. Pewitt



The first automobile in Fairview was a Star car, owned by J.J. Richardson. There was only one brand of gasoline available, Standard Oil and that could only be purchased at Daugherty's store.



Early's Sausage Casserole

Yield: 8 servings

1 pound Early's smoked sausage
4 sweet potatoes, cooked, sliced
4 apples, sliced

1/4 cup packed brown sugar
2 tablespoons water
1 tablespoon Worcestershire sauce

Brown sausage in skillet, stirring until crumbly; drain, reserving 2 tablespoons drippings. Layer sweet potatoes, sausage and apples 1/2 at a time in 9x13-inch baking dish. Sprinkle with brown sugar. Combine reserved drippings with water and Worcestershire sauce in bowl; mix well. Pour over layers. Bake, covered, at 350 degrees for 36 minutes. Bake, uncovered, for 4 minutes or until apples are tender.

Approx Per Serving: Cal 332; Prot 6 g; Carbo 50 g; Fiber 4 g;
T Fat 12 g; 33% Calories from Fat; Chol 43 mg; Sod 415 mg.

submitted by Early's Honey Stand

Italian Sausage and Tomato Pie

Yield: 6 servings

**2 to 3 large tomatoes, peeled,
thickly sliced**
8 ounces Italian sausage
1 medium onion, chopped
1 teaspoon oil
2 slices mozzarella cheese
1 baked deep-dish pie shell

1 teaspoon basil
1 teaspoon oregano
Salt and pepper to taste
**1 1/2 cups shredded extra-sharp
Cheddar cheese**
3/4 cup mayonnaise
1/2 cup grated Parmesan cheese

Slice tomatoes and place on several layers of paper towels to drain well. Brown sausage in skillet, stirring until crumbly; drain. Sauté onion in oil in small skillet. Layer mozzarella cheese, sausage and tomato slices in pie shell. Sprinkle with basil, oregano, salt, pepper and sautéed onions. Mix Cheddar cheese, mayonnaise and half the Parmesan cheese in bowl. Spread over layers; sprinkle with remaining Parmesan cheese. Bake at 350 degrees for 30 minutes. Let stand for several minutes before serving.

Approx Per Serving: Cal 627; Prot 18 g; Carbo 21 g; Fiber 2 g;
T Fat 53 g; 75% Calories from Fat; Chol 73 mg; Sod 932 mg.

submitted by Pat Hughes



Sausage Casserole

Yield: 8 servings

1 pound sausage
1 large onion, chopped
2 large stalks celery, chopped
1 green bell pepper, chopped

1 envelope chicken noodle soup mix
1 cup uncooked long grain rice
3 cups hot water
1/4 cup slivered almonds

Shape sausage by tablespoonfuls into balls. Combine with onion, celery and green pepper in saucepan. Add soup mix, rice and hot water; mix gently. Simmer until most of the water has been absorbed. Spoon into baking dish. Bake at 350 degrees for 15 minutes; sprinkle with almonds. Bake for 15 minutes longer. May use as stuffing for poultry or thick pork chops.

Approx Per Serving: Cal 248; Prot 10 g; Carbo 26 g; Fiber 1 g;
T Fat 11 g; 42% Calories from Fat; Chol 23 mg; Sod 1098 mg.

submitted by Fay Johns

Coach's Sausage and Noodle Bake

Yield: 6 servings

1 pound sausage
1 cup cream of mushroom soup
1/4 cup milk
1 cup shredded sharp American cheese
2 cups noodles, cooked

2 tablespoons chopped green bell pepper
2 tablespoons chopped pimento
1/2 cup bread crumbs
1 tablespoon melted butter

Brown sausage lightly in skillet, stirring until crumbly; drain. Combine soup and milk in saucepan; mix well. Cook until heated through; remove from heat. Stir in cheese until melted. Add sausage, noodles, green pepper and pimento; mix gently. Spoon into greased 1 1/2-quart baking dish. Top with mixture of bread crumbs and butter. Bake at 350 degrees for 30 to 45 minutes or until golden brown.

Approx Per Serving: Cal 344; Prot 15 g; Carbo 17 g; Fiber 1 g;
T Fat 24 g; 62% Calories from Fat; Chol 73 mg; Sod 998 mg.

submitted by Coach Cooper and Diane Wood



Sausage and Egg Casserole

Yield: 15 servings

2 pounds mild sausage
2½ cups herb-seasoned croutons
2 cups shredded medium-sharp
Cheddar cheese
7 eggs, lightly beaten
¾ teaspoon dry mustard

1 10-ounce can cream of mushroom
soup
1 8-ounce can sliced mushrooms,
drained
2½ cups milk

Cook sausage in large skillet until brown and crumbly, stirring frequently; drain well. Layer croutons, cheese and sausage in greased 9x13-inch baking dish. Beat eggs with dry mustard, soup, mushrooms and milk. Pour over layers. Add additional cheese if desired. Bake at 300 degrees for 1 hour.

Approx Per Serving: Cal 270; Prot 15 g; Carbo 9 g; Fiber <1 g;
T Fat 20 g; 65% Calories from Fat; Chol 144 mg; Sod 794 mg.

submitted by Millie Fly

Raccoon à Pomme

Yield: 8 servings

1 raccoon, dressed
Salt and pepper to taste
2 peppercorns
2 cups dry bread cubes
½ cup chopped pecans
1 cup orange juice

1 teaspoon cinnamon
1 teaspoon allspice
2 tablespoons flour
4 apples, cut into quarters
1 teaspoon brown sugar

Soak raccoon in salted water to cover in large container overnight; drain. Combine with water to cover halfway in Dutch oven; sprinkle with salt and pepper. Add peppercorns. Simmer for 45 minutes. Remove raccoon from Dutch oven; drain most of liquid. Combine bread cubes, pecans and orange juice in bowl; mix lightly. Stuff into raccoon; return to Dutch oven. Sprinkle with cinnamon, allspice and flour. Place apples around raccoon; sprinkle apples with brown sugar. Bake at 350 degrees for 45 minutes. This recipe came from my grandmother, Lanora Burke Jenkins, to my mother, Dolly Jenkins. It can also be prepared with opossum or ground hog.

Approx Per Serving: Cal 426; Prot 35 g; Carbo 22 g; Fiber 2 g;
T Fat 22 g; 47% Calories from Fat; Chol 0 mg; Sod 100 mg.

submitted by Elmer Jenkins



Poultry, Seafood & Egg and Cheese



*T*he Thompson Station Bank and Trust Company was built in 1913. It closed its doors in 1927 and was later used as a private home. Today, the building stands vacant.



The town of **Thompson Station**, located south of Franklin on Columbia Highway, was named for the man who gave the land for the town, Dr. Elijah Thompson. Thompson was engaged in cotton speculation, farming and was a surgeon during the Civil War. He later served two terms in the Tennessee General Assembly. One of the first settlers to the town was the Revolutionary War soldier, Francis Giddens in 1800. Giddens built his first home on Murfree Creek. His second home was built in 1819 and stands on the west side of Columbia Pike and is today known as Homestead Manor.

Thompson Station was the site of a Civil War battle in March, 1863. Here is a vignette about a local girl who became a hero in the war. Alice Thompson hid in the basement for five hours while the battle was raging outside. She saw the color bearer fall and went out, picked up the colors and waved them over her head shouting encouragement to the troops.

The town of Thompson Station is located on a railroad line which contributed to it becoming a very successful shipping center. The Thompson Station Bank and Trust Company was built in 1913 in the center of town. The bank closed in 1927 and the building is still standing today. The town is the most recent incorporated municipality in the county. The town officially became the city of Thompson's Station in August, 1990.



Baked Chicken Breasts

Yield: 4 servings

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|--|--|
| 4 chicken breast filets | 1/3 soup can water |
| 4 slices Swiss cheese | 2 cups herb-seasoned stuffing mix |
| 1 10-ounce can cream of mushroom soup | |

Rinse chicken and pat dry; arrange in 9x13-inch baking dish. Top with cheese. Mix soup with water in bowl. Spread over chicken. Prepare stuffing mix using package directions. Spoon over soup. Bake at 325 degrees for 1½ hours or until chicken is tender.

Approx Per Serving: Cal 501; Prot 40 g; Carbo 32 g; Fiber <1 g;
T Fat 23 g; 42% Calories from Fat; Chol 115 mg; Sod 1225 mg.

submitted by Mary Lou Bartels

Buttermilk Chicken Dinner

Yield: 6 servings

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|--|---|
| ¾ cup water | 3 medium potatoes, peeled, cut into quarters |
| 1 tablespoon instant chicken bouillon | 1 cup sliced carrot |
| ½ teaspoon thyme | 2 medium onions, sliced |
| ½ teaspoon rosemary | Paprika to taste |
| 2 bay leaves | ½ cup buttermilk |
| 1 3 to 3½-pound chicken | ¼ cup flour |

Combine water, bouillon, thyme, rosemary and bay leaves in 3-quart baking dish. Rinse chicken and pat dry. Place breast side down in baking dish. Bake, covered, at 350 degrees for 30 minutes. Turn chicken over. Place potatoes, carrot and onions around chicken. Bake, covered, for 45 minutes or until chicken and vegetables are tender. Remove chicken to platter; sprinkle with paprika. Arrange vegetables around chicken. Skim cooking juices, discarding bay leaves. Place 1 cup cooking juices in saucepan. Stir in mixture of buttermilk and flour. Cook until thickened, stirring constantly. Spoon some of the gravy over chicken; garnish with parsley. Pour remaining gravy into bowl to serve with chicken.

Approx Per Serving: Cal 364; Prot 42 g; Carbo 24 g; Fiber 2 g;
T Fat 10 g; 26% Calories from Fat; Chol 119 mg; Sod 720 mg.
Nutritional information includes entire amount of gravy.

submitted by Claudette Massie



Chicken and Beef Casserole

Yield: 6 servings

6 chicken breasts

1 4-ounce jar dried beef

1 cup sour cream

2 10-ounce cans cream of chicken
soup

8 ounces cream cheese

Cut chicken into bite-sized pieces; rinse and pat dry. Layer dried beef and chicken in baking dish. Combine sour cream, soup and cream cheese in blender or food processor container; process until smooth. Spoon over chicken. Bake at 350 degrees for 2½ hours or until tender.

Approx Per Serving: Cal 473; Prot 39 g; Carbo 10 g; Fiber <1 g;

T Fat 30 g; 59% Calories from Fat; Chol 169 mg; Sod 1593 mg.

submitted by Peggy Sherrill

❧ The community of **Burwood**, on Carters Creek Pike, was originally called Williamsburg in honor of the Williams family. The name was later changed to Shaw for another local family. Finally, James Drake Pope suggested that they change the name to Burwood, from Mrs. Humphrey Ward's novel *Robert Elsmore*.

The Reverend John Pope was one of the earliest settlers. He was a circuit-riding Methodist preacher known as Parson Pope. In 1818, he saw the need for a church building, so he deeded one-half acre for a church which could be used by any denomination. In 1910, Pope's Chapel was hit by a tornado and was rebuilt as Burwood Methodist Church.

The earliest store was run by Dr. Williams' son Eddie. Another nationally-known store, the Huff's store, is still the town gathering place. It is one of the few stores remaining that uses rolling ladders to reach merchandise on the upper shelves.

The Rev. Pope's home, Eastview, is considered haunted. The home, now the Leonard Grigsby home, has a resident ghost called Crazy Mary.



Chicken Casserole

Yield: 4 servings

2 teaspoons minced onion
2 teaspoons minced celery
1 teaspoon butter
1 cup chopped cooked chicken
2 hard-boiled eggs, chopped
1/2 cup mayonnaise

1 10-ounce can cream of mushroom soup
1/3 cup cracker crumbs
1/2 cup chopped almonds
1/2 cup crushed potato chips

Sauté onion and celery in butter in skillet until tender. Add chicken, eggs, mayonnaise, soup, cracker crumbs and almonds; mix well. Spoon into baking dish. Top with potato chips. Bake at 350 degrees for 30 minutes.

Approx Per Serving: Cal 547; Prot 19 g; Carbo 19 g; Fiber 3 g;
T Fat 45 g; 73% Calories from Fat; Chol 160 mg; Sod 927 mg.

submitted by Marjorie Hardcastle

Chicken George

Yield: 4 servings

1 cup flour
Salt and pepper to taste
1 3-pound chicken, cut up
1/4 cup oil
3/4 cup dry sherry
4 chicken bouillon cubes
2 cups water

2 14-ounce cans artichoke hearts, drained, cut into halves
1 4-ounce can sliced mushrooms, drained
2 tomatoes, cut into wedges
1 green bell pepper, sliced into rings
1 purple onion, sliced into rings

Mix flour, salt and pepper in plastic bag. Rinse chicken and pat dry. Shake in seasoned flour in bag, coating well. Brown in 360-degree oil in 12-inch skillet or electric skillet for 10 minutes, turning once. Reduce heat to 230 degrees. Add sherry and bouillon cubes dissolved in water. Cook, covered, for 45 minutes. Add artichoke hearts, mushrooms, tomatoes, green pepper and onion. Cook, covered, for 15 minutes or until vegetables are tender-crisp. Serve over hot cooked rice.

Approx Per Serving: Cal 727; Prot 59 g; Carbo 44 g; Fiber 3 g;
T Fat 29 g; 35% Calories from Fat; Chol 153 mg; Sod 1926 mg.

submitted by George Fehrmann



Chicken Linguine

Yield: 6 servings

1 $\frac{1}{4}$ pounds chicken breast filets
3 tablespoons oil
1 large onion, sliced
1 clove of garlic, minced
2 cups sliced zucchini

2 cups sliced fresh mushrooms
1 15-ounce jar spaghetti sauce
 $\frac{1}{2}$ teaspoon sugar
1 16-ounce package linguine, cooked

Cut chicken into thin pieces; rinse and pat dry. Sauté in 2 tablespoons oil in large skillet. Remove chicken to warm plate. Add 1 tablespoon oil, onion and garlic to skillet. Sauté for 1 minute. Add zucchini and mushrooms. Cook until vegetables are tender. Stir in spaghetti sauce, sugar and chicken. Cook until heated through. Serve over pasta. Garnish with Parmesan cheese.

Approx Per Serving: Cal 557; Prot 34 g; Carbo 73 g; Fiber 5 g;
T Fat 14 g; 22% Calories from Fat; Chol 60 mg; Sod 409 mg.

submitted by Faye Carwile

Chicken Mexican

Yield: 5 servings

$\frac{1}{2}$ cup flour
2 tablespoons chili powder
1 teaspoon MSG
 $\frac{1}{4}$ teaspoon oregano
 $\frac{1}{2}$ teaspoons salt
 $\frac{1}{2}$ teaspoon pepper

1 3-pound chicken, cut up
 $\frac{1}{4}$ cup oil
 $\frac{1}{4}$ cup melted margarine
1 cup chopped onion
 $\frac{1}{2}$ cup sliced olives
 $\frac{1}{2}$ cups boiling water

Mix flour, chili powder, MSG, oregano, salt and pepper in bag. Rinse chicken and pat dry. Add to flour mixture; shake to coat well. Spread $\frac{1}{4}$ cup oil in large shallow baking pan. Arrange chicken in prepared pan. Drizzle with margarine, turning chicken to coat well. Bake at 450 degrees until brown, turning once. Reduce oven temperature to 350 degrees. Combine chicken with onion and olives in baking dish. Pour water over top; sprinkle with any remaining flour mixture. Bake for 1 hour longer.

Approx Per Serving: Cal 531; Prot 42 g; Carbo 14 g; Fiber 3 g;
T Fat 35 g; 58% Calories from Fat; Chol 121 mg; Sod 1880 mg.

submitted by Kathleen Johnson



Chicken Spaghetti

Yield: 12 servings

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| 1 large chicken | 8 ounces sharp Cheddar cheese, shredded |
| 6 stalks celery, chopped | 8 ounces uncooked spaghetti, cooked, drained |
| 2 medium onions, chopped | 1 8-ounce bottle of stuffed green olives, drained |
| 3 tablespoons butter | 3/4 cup broken pecans |
| 1 tablespoon Worcestershire sauce | |
| Salt and red pepper to taste | |
| 1 10-ounce can cream of mushroom soup | |

Rinse chicken well. Cook in water to cover in saucepan until tender. Drain, reserving 2 cups broth. Cut chicken into bite-sized pieces, discarding skin and bones. Sauté celery and onions in butter in saucepan. Add reserved broth, Worcestershire sauce, salt and red pepper; mix well. Simmer for 15 minutes. Stir in soup and cheese gradually. Add spaghetti to soup mixture in saucepan. Let stand for 1 hour. Stir in chicken and olives. Spoon into shallow 10x15-inch baking pan. Sprinkle with pecans. Bake at 350 degrees until heated through.

Approx Per Serving: Cal 394; Prot 26 g; Carbo 21 g; Fiber 3 g;
T Fat 24 g; 53% Calories from Fat; Chol 79 mg; Sod 995 mg.

submitted by Estelle Pinkerton

Chicken Tetrazzini

Yield: 8 servings

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|---------------------------------|---|
| 4 chicken breasts | 3 tablespoons butter |
| 2 carrots, chopped | 1 10-ounce can cream of chicken soup |
| 1 medium onion, chopped | 1 2-ounce jar chopped pimento |
| 2 stalks celery, chopped | 1 teaspoon sherry |
| Salt and pepper to taste | 8 ounces uncooked spaghetti |
| 8 ounces mushrooms | 1/4 cup grated Parmesan cheese |

Rinse chicken well. Mix with carrots, onion, celery, salt, pepper and water to cover in saucepan. Cook until chicken is tender. Let stand until cool. Remove chicken from broth and drain, reserving vegetables and 2 cups broth. Cut chicken into bite-sized pieces. Sauté mushrooms in butter in skillet. Add chicken, reserved vegetables, soup, pimento and wine; mix well. Cook pasta in reserved broth in saucepan using package directions; drain. Add chicken mixture. Spoon into 9x13-inch baking dish; sprinkle with cheese. Bake at 350 degrees for 30 minutes.

Approx Per Serving: Cal 295; Prot 21 g; Carbo 30 g; Fiber 3 g;
T Fat 9 g; 27% Calories from Fat; Chol 53 mg; Sod 593 mg.

submitted by Sherry Billings



Creamed Chicken

Yield: 8 servings

1/2 cup butter	1 teaspoon salt
1 cup flour	1 cup blanched almonds
1 cup milk	1 4-ounce can mushrooms, drained
2 cups chicken broth	4 cups chopped cooked chicken

Melt butter in double boiler. Stir in flour, milk and chicken broth. Cook until thickened, stirring frequently. Add salt, almonds, mushrooms and chicken; mix gently. Cook until heated through. Serve over corn bread made with 2 eggs instead of 1 egg.

Approx Per Serving: Cal 430; Prot 28 g; Carbo 18 g; Fiber 3 g;
T Fat 28 g; 58% Calories from Fat; Chol 98 mg; Sod 693 mg.

submitted by Ellen Woodard

Creamed Chicken Curry

Yield: 6 servings

1 large onion, chopped	1 teaspoon salt
3 stalks celery, sliced	1/8 teaspoon pepper
1/2 cup butter	1 1/2 cups milk
2 teaspoons curry powder	1 1/2 cups chicken broth
6 tablespoons flour	2 cups chopped cooked chicken

Sauté onion and celery in butter in large saucepan until tender. Add curry powder. Cook for 1 minute, stirring constantly. Stir in flour, salt and pepper. Cook until bubbly. Cook for 1 minute longer, stirring constantly; remove from heat. Stir in milk and chicken broth. Cook until thickened, stirring constantly. Add chicken. Cook until heated through. Serve over hot cooked rice, garnished with almonds.

Approx Per Serving: Cal 312; Prot 18 g; Carbo 12 g; Fiber 1 g;
T Fat 21 g; 62% Calories from Fat; Chol 92 mg; Sod 762 mg.

submitted by Catherine Emerson



Nana's Curry

Yield: 8 servings

2 medium onions
5 tablespoons butter
5 tablespoons flour
4 cups chicken stock
1 tablespoon instant chicken
bouillon
1/8 teaspoon poultry seasoning

1 cup seedless raisins
2 hard-boiled eggs, cut into quarters
Juice of 1/2 lemon
2 tablespoons (about) curry powder
1 cup cream
2 cups chopped cooked chicken
Salt to taste

Sauté onions in butter in saucepan until tender. Stir in flour. Cook over low heat until bubbly. Stir in chicken stock, bouillon and poultry seasoning. Cook until bubbly and smooth, stirring constantly; mixture will not be thick. Add raisins, eggs and lemon juice. Cook until heated through. Blend curry powder with a small amount of water. Add to saucepan with cream, chicken and salt. Cook over low heat until heated through and of desired consistency. Serve over hot cooked rice. Add dishes of chopped tomatoes, celery, pineapple, coconut, bananas, green pepper, chutney, peanuts and pickle relish for a quick and easy company buffet.

Approx Per Serving: Cal 373; Prot 17 g; Carbo 26 g; Fiber 3 g;
T Fat 23 g; 55% Calories from Fat; Chol 146 mg; Sod 942 mg.
Nutritional information does not include rice or toppings.

submitted by Judith Axt and Linda Colmore

Chicken and Asparagus Casserole

Yield: 4 servings

1 1-pound bunch fresh asparagus
1/2 cup mayonnaise
1 10-ounce can cream of mushroom
soup
1 egg, lightly beaten

1/2 cup shredded Cheddar cheese
2 cups chopped cooked chicken
1/4 cup shredded Cheddar cheese
1/2 cup seasoned bread crumbs

Steam asparagus until tender. Arrange in 9-inch baking dish. Combine mayonnaise, soup, egg and 1/2 cup cheese in bowl; mix well. Stir in chicken. Spoon over asparagus. Top with 1/4 cup cheese and bread crumbs. Bake at 350 degrees for 15 minutes or until heated through. May substitute broccoli for asparagus.

Approx Per Serving: Cal 582; Prot 34 g; Carbo 20 g; Fiber 2 g;
T Fat 42 g; 64% Calories from Fat; Chol 156 mg; Sod 1033 mg.

submitted by Kim P. Stewart



Chicken Enchilada Casserole

Yield: 8 servings

6 chicken breasts
2 cups sliced fresh mushrooms
1 $\frac{1}{4}$ cups chopped onions
1 cup chopped green bell pepper
2 4-ounce cans chopped green
chilies, drained
 $\frac{3}{4}$ cup instant nonfat dry milk
6 tablespoons flour
3 cups water

1 $\frac{1}{2}$ teaspoons chili powder
1 teaspoon cumin
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper
8 6-inch corn tortillas, cut into
halves
1 cup shredded light Cheddar cheese
1 cup salsa
 $\frac{1}{2}$ cup nonfat plain yogurt

Rinse chicken well. Cook in water to cover in heavy saucepan for 35 minutes or until tender; drain. Cool chicken slightly. Shred with 2 forks, discarding skin and bones. Heat large skillet coated with nonstick cooking spray. Add mushrooms, onions and green pepper. Sauté until tender; remove from heat. Stir in chicken and green chilies. Mix dry milk powder and flour in small saucepan. Stir in water gradually. Cook over medium heat until thickened, stirring constantly. Stir in chili powder, cumin, salt and pepper. Add to chicken mixture; mix well. Wrap tortillas in damp paper towels and foil. Bake at 350 degrees for 10 minutes or until softened. Layer tortillas and chicken mixture $\frac{1}{2}$ at a time in 8x12-inch baking dish. Bake, covered, at 350 degrees for 25 minutes or until heated through. Sprinkle with cheese. Let stand for 10 minutes. Top servings with salsa and yogurt.

Approx Per Serving: Cal 292; Prot 30 g; Carbo 29 g; Fiber 3 g;
T Fat 6 g; 19% Calories from Fat; Chol 63 mg; Sod 717 mg.

submitted by Gayle Moyer Harris

Easy Chicken Casserole

Yield: 4 servings

1 7-ounce can chunky chicken
 $\frac{3}{4}$ cup uncooked rice

1 14-ounce can chicken broth

Combine chicken, rice and chicken broth in bowl; mix well. Spoon into medium baking dish. Bake, covered, at 350 degrees for 45 minutes, stirring occasionally. Serve with French-style green beans, sliced tomatoes and salad. May top with cracker crumbs and cheese if desired.

Approx Per Serving: Cal 200; Prot 16 g; Carbo 29 g; Fiber <1 g;
T Fat 2 g; 9% Calories from Fat; Chol <1 mg; Sod 492 mg.

submitted by Cindy Hughes



Hot Chicken Salad

Yield: 8 servings

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| 2 cups chopped cooked chicken | 3 tablespoons lemon juice |
| 2 cups chopped celery | 1/2 teaspoon salt |
| 3 tablespoons minced onion | 1/2 teaspoon pepper |
| 1 4-ounce can sliced mushrooms,
drained | 1 10-ounce can cream of chicken
soup |
| 1/2 cup chopped pecans | 1 1/2 cups crushed potato chips |
| 3/4 cup mayonnaise | |

Combine chicken, celery, onion, mushrooms, pecans, mayonnaise, lemon juice, salt and pepper in bowl; mix well. Spoon into 2-quart baking dish. Spread soup over top; sprinkle with potato chips. Bake at 300 degrees for 30 minutes.

Approx Per Serving: Cal 363; Prot 13 g; Carbo 13 g; Fiber 2 g;
T Fat 30 g; 72% Calories from Fat; Chol 46 mg; Sod 696 mg.

submitted by Tina Inman Luna

Lazy Day Chicken

Yield: 4 servings

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|--|---|
| 2 1/2 pounds chicken pieces, skinned | 1 10-ounce can cream of chicken
soup |
| 2 medium carrots, sliced 1/4 inch
thick | 1 cup milk |
| 3 potatoes, chopped | Paprika to taste |
| 1 envelope onion soup mix | |

Line 9x13-inch baking dish with foil large enough to fold over casserole ingredients. Rinse chicken and pat dry. Layer chicken, carrots and potatoes in prepared dish. Sprinkle with soup mix. Combine chicken soup and milk in bowl; mix well. Spread over layers; sprinkle with paprika. Fold foil over casserole; seal well. Bake at 350 degrees for 1 1/4 hours.

Approx Per Serving: Cal 502; Prot 48 g; Carbo 38 g; Fiber 3 g;
T Fat 17 g; 31% Calories from Fat; Chol 140 mg; Sod 879 mg.

submitted by Anita Doughty



The Thompson Station Home Demonstration Club, first organized in 1926, was an energetic group of women who provided a hot lunch program for the area schools, long before the government-sponsored program.



Party Chicken

Yield: 4 servings

4 ounces corned beef, chopped
4 large chicken breast filets
5 slices bacon, chopped

1 10-ounce can cream of mushroom soup
1 cup sour cream

Spread corned beef in 10x10-inch baking dish. Cut chicken into bite-sized pieces; rinse and pat dry. Sprinkle chicken and bacon over corned beef. Mix soup with sour cream in bowl. Spread over casserole. Chill for several hours to overnight. Bake at 275 degrees for 3 hours.

Approx Per Serving: Cal 453; Prot 39 g; Carbo 8 g; Fiber <1 g;
T Fat 29 g; 58% Calories from Fat; Chol 130 mg; Sod 1079 mg.

submitted by Hazel Irwin

Wild Duck

Yield: 4 servings

1 duck
1 apple
1 orange

1 onion
Salt and pepper to taste
1 cup white wine

Rinse duck inside and out. Cut apple, orange and onion into halves; stuff into duck cavity. Place duck on large sheet of foil in baking pan. Sprinkle with salt and pepper; pour half the wine into cavity. Pull foil up around duck; pour remaining wine into foil packet. Seal foil tightly. Roast at 375 degrees for 2 hours. Serve cooking juices over hot cooked long grain and wild rice. May substitute red wine for white wine if desired. This is a recipe from a hunting camp in Arkansas.

Approx Per Serving: Cal 223; Prot 12 g; Carbo 12 g; Fiber 2 g;
T Fat 10 g; 40% Calories from Fat; Chol 51 mg; Sod 40 mg.

submitted by Eugene Wolcott, M.D.





Salmon with Orange-Saffron Butter

Yield: 6 servings

1/4 teaspoon saffron
1 tablespoon orange juice
1 teaspoon orange zest
5 tablespoons butter

2 teaspoons chopped shallots
6 salmon steaks
3 tablespoons oil
Salt and pepper to taste

Dissolve saffron in orange juice in food processor or blender container. Add orange zest, butter and shallots. Process until smooth. Brush salmon with oil; sprinkle with salt and pepper. Grill for 4 to 5 minutes on each side or until fish flakes easily. Spoon butter mixture onto steaks. Serve with a fresh vegetable, salad, French bread and a nice bottle of Chardonnay. May store orange-saffron butter in refrigerator for up to 1 week.

Approx Per Serving: Cal 342; Prot 25 g; Carbo 1 g; Fiber <1 g;
 T Fat 26 g; 70% Calories from Fat; Chol 105 mg; Sod 141 mg.

submitted by Patsy Bruce

Baked Oysters

Yield: 4 servings


1 7-ounce can oysters
1 1/2 cups (about) cream
2 eggs, beaten

3/4 cup cracker crumbs
Pepper to taste

Drain oysters, reserving liquid. Combine reserved liquid with enough cream to measure 2 cups. Combine with eggs in bowl; mix well. Add cracker crumbs, oysters and pepper. Spoon into 1 1/2-quart baking dish. Sprinkle with additional pepper. Bake at 350 degrees for 30 minutes or until bubbly and golden brown.

Approx Per Serving: Cal 447; Prot 9 g; Carbo 16 g; Fiber <1 g;
 T Fat 39 g; 77% Calories from Fat; Chol 261 mg; Sod 327 mg.

submitted by Cornelia Jefferson

 The community of **Callie**, located south of Franklin on Lewisburg Pike, was named for Callie McMillan, the youngest daughter of Jim McMillan. McMillan ran the general store from 1893 to 1902. The store housed the post office and the blacksmith shop and was the site of the community dances.

At one time, there was a spring on the west side of the road near the Callie store. A pipe ran under Highway 431 from the spring to a watering trough on the east side of the road.



Scallops Tarragon

Yield: 2 servings

3 mushrooms, sliced
4 shallots, minced
1/4 cup butter
10 scallops

1 1/2 cups white wine
1/2 teaspoon tarragon
2 tablespoons grated Parmesan cheese

Sauté mushrooms and shallots in butter in skillet for 2 minutes. Add scallops, wine and tarragon. Cook until tender. Spoon onto serving plate; sprinkle with Parmesan cheese.

Approx Per Serving: Cal 488; Prot 21 g; Carbo 18 g; Fiber 1 g;
T Fat 25 g; 47% Calories from Fat; Chol 97 mg; Sod 444 mg.

submitted by Marty and Ronald Ligon

Elegant Shrimp and Chicken

Yield: 8 servings

8 chicken breast filets
1/4 cup margarine
8 ounces mushrooms, sliced
2 tablespoons (or more) flour
1 1/2 cups chicken broth
2 tablespoons chopped chives
1 tablespoon tomato paste

1 bay leaf, crushed
1/2 teaspoon salt
1/8 teaspoon pepper
1 16-ounce package frozen peeled shrimp
1 cup white wine

Rinse chicken and pat dry. Brown lightly in margarine in skillet. Remove to 9x13-inch baking dish. Add mushrooms to drippings in skillet. Sauté until tender. Stir in flour. Add chicken broth. Simmer until thickened, stirring constantly. Stir in chives, tomato paste, bay leaf, salt and pepper. Simmer for 15 minutes. Add shrimp. Cook for 10 minutes. Add wine. Spoon over chicken in baking dish. Chill until baking time. Bake, covered, at 300 degrees for 20 minutes. Bake, uncovered, for 20 minutes longer. Serve with hot cooked rice and a green vegetable.

Approx Per Serving: Cal 291; Prot 40 g; Carbo 4 g; Fiber 1 g;
T Fat 10 g; 30% Calories from Fat; Chol 183 mg; Sod 540 mg.

submitted by Wanda vonGruenigen



Shrimp and Crab au Gratin


Yield: 8 servings

1 pound medium unpeeled shrimp	1/4 cup flour
4 cups water	1/4 cup melted butter
1 9-ounce package frozen artichoke hearts	3/4 cup half and half
2 6-ounce cans lump crab meat, rinsed, drained	1 tablespoon chopped fresh dillweed or 1 teaspoon dried dillweed
1 cup shredded sharp Cheddar cheese	1/2 teaspoon pepper
1 clove of garlic, minced	1 cup shredded sharp Cheddar cheese
2 tablespoons sliced green onions	2/3 cup dry white wine
8 ounces fresh mushrooms, sliced	2 tablespoons crushed cornflakes
2 tablespoons butter	1 1/2 teaspoons melted butter

Cook shrimp in boiling water in saucepan for 3 to 5 minutes or until pink; drain and rinse with cold water. Peel and devein shrimp. Cook artichoke hearts using package directions; drain. Combine with shrimp, crab meat and 1 cup cheese in bowl; mix well. Sauté garlic, green onions and mushrooms in 2 tablespoons butter in skillet until tender; drain. Add to shrimp mixture. Stir flour into 1/4 cup butter in large heavy skillet over low heat. Cook for 1 minute, stirring constantly. Add half and half gradually. Cook until thickened, stirring constantly; remove from heat. Add dillweed, pepper and 1 cup cheese, stirring until cheese melts. Stir in wine gradually. Cook over medium heat until of desired consistency, stirring constantly. Add shrimp mixture; mix well. Spoon into lightly greased shallow 2-quart baking dish. Chill, covered, for 8 hours. Let stand at room temperature for 30 minutes. Top with mixture of cornflake crumbs and 1 1/2 teaspoons melted butter. Bake at 350 degrees for 45 minutes.

Approx Per Serving: Cal 367; Prot 28 g; Carbo 10 g; Fiber 3 g;
T Fat 23 g; 57% Calories from Fat; Chol 190 mg; Sod 539 mg.

submitted by Ann Arnold

 The Harpeth community is set between several large hills on Lewisburg Pike and was the home of one of the most notorious outlaws of the mid 1880s. Murrell Hill was named for the nefarious outlaw, John A. Murrell. Murrell was accused of stealing slaves and legend has it that he had planned a rebellion among the slaves. His plan was to get the slaves to follow him across the state line and then to hold them as his property. Murrell was captured before the plan was executed and he was found guilty of starting a riot and fined.



Memphis Shrimp

Yield: 10 servings

4 lemons, cut into halves
5 pounds shrimp
1 pound butter

1 16-ounce bottle of Italian salad dressing
1 tablespoon pepper

Squeeze lemon juice over shrimp in baking dish. Add lemons to dish. Add butter, salad dressing and pepper; mix well. Bake at 350 degrees for 45 minutes, stirring occasionally.

Approx Per Serving: Cal 724; Prot 39 g; Carbo 7 g; Fiber 1 g;
T Fat 66 g; 76% Calories from Fat; Chol 453 mg; Sod 938 mg.
Nutritional information includes entire amount of cooking sauce.

submitted by Lydia Miller

Creole Eggs

Yield: 6 servings


1 10-ounce can cream of celery soup
1 8-ounce can tomato sauce

2 cups cracker crumbs
6 hard-boiled eggs, sliced
1 tablespoon melted butter

Combine soup and tomato sauce in bowl; mix well. Layer $\frac{1}{3}$ of the cracker crumbs, $\frac{1}{3}$ of the soup mixture and half the eggs in buttered 1-quart baking dish. Repeat layers. Top with remaining sauce. Toss remaining cracker crumbs with melted butter in bowl. Sprinkle over casserole. Bake at 350 degrees for 20 minutes or until heated through.

Approx Per Serving: Cal 258; Prot 8 g; Carbo 27 g; Fiber 1 g;
T Fat 12 g; 44% Calories from Fat; Chol 233 mg; Sod 1029 mg.

submitted by Paula B. Flaughter

 The community of **West Harpeth** grew up around the Louisville and Nashville Railroad and the West Harpeth depot. The community had two general stores, a granary, two blacksmith shops, a doctor, a church and a school. It was also the site of a mile-long track for horseracing which ran in front of John Watson's home.

Before settlers came to the area, there were Indians. Legend has it that Henry North found an Indian skeleton and took it home, where his wife found it and promptly removed it from the house.



Eggs Olé

Yield: 8 servings

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|---------------------------------|--------------------------------------|
| 12 eggs | 1 4-ounce can chopped green |
| 1/2 cup flour | chilies |
| 1 teaspoon baking powder | 1 pound Monterey Jack cheese, |
| 2 cups cottage cheese | shredded |
| 1/2 cup melted butter | |

Beat eggs in bowl. Add flour, baking powder, cottage cheese, butter, chilies and shredded cheese; mix well. Spoon into buttered 9x13-inch baking dish. Bake at 350 degrees for 35 minutes.

Approx Per Serving: Cal 513; Prot 30 g; Carbo 9 g; Fiber 1 g;
T Fat 40 g; 70% Calories from Fat; Chol 410 mg; Sod 858 mg.

submitted by Elizabeth White

Eggs Portugal

Yield: 8 servings

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|---|---|
| 1 pound sausage | 3/4 teaspoon mustard |
| 8 slices bread, crusts trimmed, torn | 1 10-ounce can cream of mushroom |
| 2 cups shredded Cheddar cheese | soup |
| 2 1/2 cups milk | 1/4 cup dry vermouth |
| 4 eggs | |

Brown sausage in skillet, stirring until crumbly; drain. Layer sausage, bread and cheese in 9x13-inch baking dish. Combine milk, eggs and mustard in bowl; mix well. Spread over cheese. Blend soup and wine in small bowl. Spread over top of casserole. Bake at 350 degrees for 1 1/4 hours. Serve with fresh juice, sweet rolls, fresh fruit and coffee. May chill overnight or use such healthy alternatives as ground turkey, whole wheat bread, skim milk, low-fat mozzarella cheese, egg substitute and low-sodium soup. May substitute cooking sherry for vermouth.

Approx Per Serving: Cal 397; Prot 20 g; Carbo 17 g; Fiber <1 g;
T Fat 27 g; 62% Calories from Fat; Chol 169 mg; Sod 981 mg.

submitted by Lány Kay Jenkins



Lyric Springs Frittata

Yield: 8 servings

8 ounces Italian sausage	1/2 to 1 teaspoon oregano
1 cup chopped zucchini	1/2 teaspoon celery salt
1/3 cup chopped green bell pepper	1/4 teaspoon each salt and pepper
1/3 cup chopped onion	6 eggs, beaten
1 1/4 cups cooked small shell pasta	1/4 cup grated Parmesan cheese

Brown sausage in ovenproof 8 or 9-inch skillet, stirring until crumbly; remove sausage to paper towel to drain. Drain skillet, reserving 2 tablespoons drippings. Add zucchini, green pepper and onion to reserved drippings in skillet. Sauté until tender. Stir in pasta, oregano, celery salt, salt, pepper and sausage. Pour eggs evenly over mixture in skillet. Cook over medium heat for 5 minutes or until bottom is set. Broil 3 inches from heat source for 1 minute. Sprinkle with cheese. Broil for 1 minute longer. Cut into wedges. Serve warm or at room temperature garnished with sour cream and/or chili sauce.

Approx Per Serving: Cal 155; Prot 9 g; Carbo 8 g; Fiber 1 g;
T Fat 9 g; 55% Calories from Fat; Chol 173 mg; Sod 434 mg.

submitted by Patsy Bruce

Tofu and Cheese-Stuffed Shells

Yield: 4 servings

1/4 cup shredded carrot	12 jumbo pasta shells, cooked
2 tablespoons sliced green onions	1 16-ounce can tomatoes, chopped
8 ounces tofu	1/2 6-ounce can tomato paste
1/2 cup low-fat ricotta cheese	1/4 teaspoon garlic powder
1/2 cup shredded Cheddar cheese	1/2 teaspoon sugar
1/4 cup shredded mozzarella cheese	1/4 teaspoon fennel seed
1 egg white, beaten	1 teaspoon basil
1/4 teaspoon salt	1 teaspoon oregano
Pepper to taste	1/4 cup shredded mozzarella cheese

Sauté carrot and green onions in skillet sprayed with nonstick cooking spray until tender. Mash tofu in bowl with fork. Add carrot mixture, ricotta cheese, Cheddar cheese, 1/4 cup mozzarella cheese, egg white, salt and pepper; mix well. Stuff into cooked shells; arrange in 9x9-inch baking dish. Mix next 7 ingredients in saucepan. Bring to a boil; reduce heat. Simmer for 10 minutes. Spoon over shells. Top with 1/4 cup mozzarella cheese. Bake at 350 degrees for 25 minutes.

Approx Per Serving: Cal 337; Prot 21 g; Carbo 35 g; Fiber 4 g;
T Fat 14 g; 35% Calories from Fat; Chol 35 mg; Sod 530 mg.

submitted by Karla Swanson



Vegetables & Side Dishes



The Taylor Homestead in the Bethesda community has been in the family for many generations. On the property are old slave cabins, a stark reminder of a past era.





Bethesda, located southeast of Franklin, dates back to Revolutionary War days when pioneers from Virginia and North Carolina took land grants as payment for their services. As to the meaning of Bethesda, sources differ. In the Aramaic language, *bethesda* means house of mercy, in another it means flowing springs.

Bethesda is dotted with small log homes, most of which are original slave cabins. There is one small frame house, near the Alexander house on Bethesda Road, which was used to house an entire family during a smallpox epidemic.

In the old days, schools were a pay as you go system, boys went in winter and girls in summer, so that boys would have time to help with the harvesting of crops. Bethesda boasts it had the first county school bus, an old Cadillac converted into a bus, which carried 10 to 12 children.

The community reached its peak in the early 1900s with a stove foundry, flour mill, saddle factory, sorghum mill and cotton gin, even a casket shop and a chair and bed factory.

The chair factory created the Wadley straight-backed chairs. Most of the older homes in and around Bethesda still have a Wadley chair.

Today, Bethesda is noted for its fine dairy and beef cattle farms.



Green Bean Casserole

Yield: 8 servings

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| 3 20-ounce cans green beans | 1 tablespoon MSG |
| 5 slices bacon, chopped | 1 cup cheese cracker crumbs |
| 1/2 onion, chopped | 1 cup shredded Cheddar cheese |
| 1 10-ounce can cream of mushroom soup | 2 tablespoons butter |
| 1 tablespoon sesame seed | Paprika to taste |

Cook undrained beans in saucepan until heated through; drain, reserving 1/4 cup liquid. Fry bacon with onion in skillet until bacon is crisp and onion is tender; drain. Add soup, reserved liquid, sesame seed and MSG; mix well. Fold in beans. Spoon into baking dish. Top with cracker crumbs and cheese. Dot with butter; sprinkle with paprika. Bake at 350 degrees for 30 minutes.

Approx Per Serving: Cal 516; Prot 17 g; Carbo 22 g; Fiber 4 g;
T Fat 42 g; 71% Calories from Fat; Chol 110 mg; Sod 1398 mg.

submitted by Darlene Herrington

Black-Eyed Pea Casserole

Yield: 8 servings

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| 1/2 cup honey | 1 tablespoon mustard seed |
| 1 cup wine | 2 16-ounce cans black-eyed peas, drained |
| 1 cup catsup | 3 slices bacon |
| Garlic powder and onion powder to taste | |

Combine honey, wine, catsup, garlic powder, onion powder and mustard seed in bowl; mix well. Pour over peas in baking dish. Top with bacon. Bake at 350 degrees for 30 minutes. This is a different twist for New Year's Day.

Approx Per Serving: Cal 227; Prot 7 g; Carbo 42 g; Fiber 9 g;
T Fat 2 g; 10% Calories from Fat; Chol 2 mg; Sod 735 mg.

submitted by Greg Hoover



Broccoli and Rice Casserole

Yield: 6 servings

**1 10-ounce package frozen
chopped broccoli**
1/2 cup uncooked rice
1 medium onion, chopped
6 tablespoons butter
Worcestershire sauce to taste

Salt and pepper to taste
**1 10-ounce can cream of mushroom
soup**
1/2 cup milk
**1 cup shredded sharp Cheddar
cheese**

Cook broccoli and rice separately using package directions. Sauté onion in butter in skillet. Add broccoli, rice, Worcestershire sauce, salt and pepper. Stir in mixture of soup and milk. Spoon into baking dish. Top with cheese. Bake at 350 degrees for 20 to 30 minutes or until heated through.

Approx Per Serving: Cal 316; Prot 9 g; Carbo 22 g; Fiber 2 g;
T Fat 22 g; 62% Calories from Fat; Chol 54 mg; Sod 617 mg.

submitted by Renee Ragsdale

Cabbage Casserole

Yield: 8 servings

1 medium-large head cabbage
**1 10-ounce can cream of mushroom
soup**

1 10-ounce can cream of celery soup
8 ounces Velveeta cheese, shredded
1 3-ounce can French-fried onions

Separate cabbage into leaves. Cook in water in saucepan for 20 minutes or until tender; drain. Mix soups in bowl. Alternate layers of cabbage, soups and cheese in large baking dish until all ingredients are used. Top with French-fried onions. Bake at 350 degrees for 30 minutes. May substitute crumbled corn bread for onions if preferred.

Approx Per Serving: Cal 241; Prot 9 g; Carbo 12 g; Fiber 1 g;
T Fat 18 g; 67% Calories from Fat; Chol 31 mg; Sod 1036 mg.

submitted by Donna K. Bridges



Bethesda Methodist Church, the first church in the area, began as a log building in 1832. In 1844, a brick building was built. In 1870, a white frame building was constructed and today, the church is still an important part of the community.



Party Cabbage

Yield: 8 servings

1 large head cabbage, cut into 8 wedges
 1/2 cup finely chopped green bell pepper
 1/2 cup chopped green onions
 1/4 cup butter
 1 cup flour

1/2 teaspoon salt
 1/2 teaspoon white pepper
 1 1/2 cups milk
 1/2 cup mayonnaise
 3 tablespoons chili sauce
 3/4 cup shredded Cheddar cheese

Cook cabbage in a small amount of water in saucepan for 10 minutes; drain well. Place cabbage in 9x13-inch baking dish. Sauté green pepper and green onions in butter in skillet until tender. Stir in flour, salt and white pepper. Add milk all at once. Cook until thickened, stirring constantly. Spoon over cabbage. Bake at 375 degrees for 20 minutes. Combine mayonnaise, chili sauce and cheese in bowl; mix well. Spoon over cabbage. Bake for 5 minutes longer.

Approx Per Serving: Cal 295; Prot 7 g; Carbo 19 g; Fiber 2 g;
 T Fat 22 g; 66% Calories from Fat; Chol 41 mg; Sod 437 mg.

submitted by Marie S. Cude

Breakfast Corn Casserole

Yield: 8 servings

1 16-ounce can corn, drained
 16 ounces Cheddar cheese, shredded
 8 eggs
 2 cups half and half

1/2 teaspoon nutmeg
 1/2 teaspoon black pepper
 Cayenne pepper to taste
 1/4 cup grated Parmesan cheese

Layer corn and Cheddar cheese in greased 9x13-inch baking dish. Combine eggs, half and half, nutmeg, black pepper and cayenne pepper in bowl; mix well. Spoon over layers. Sprinkle with Parmesan cheese. Bake at 325 degrees for 45 minutes. Cool slightly before serving. We serve this old family dish for brunch and breakfast.

Approx Per Serving: Cal 443; Prot 25 g; Carbo 15 g; Fiber 1 g;
 T Fat 33 g; 65% Calories from Fat; Chol 297 mg; Sod 624 mg.

submitted by Carothers House Bed and Breakfast



Easy Corn Soufflé

Yield: 6 servings

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| 1 7-ounce package corn muffin mix | 2 large onions, chopped |
| 3 eggs | 1 16-ounce can cream-style corn |
| 1/2 cup oil | Salt and pepper to taste |

Prepare corn muffin mix, adding 3 eggs and an extra 1/2 cup oil to the amount called for in package directions. Stir in onions, corn, salt and pepper. Spoon into greased 9x9-inch baking dish. Bake at 325 degrees for 25 to 30 minutes or until set.

Approx Per Serving: Cal 427; Prot 8 g; Carbo 42 g; Fiber 3 g;
T Fat 27 g; 55% Calories from Fat; Chol 128 mg; Sod 515 mg.

submitted by Thelma Harper

Picante Corn


Yield: 4 servings

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|--|--------------------------------------|
| 1 16-ounce can whole kernel corn, drained | 1/2 cup catsup |
| 1/2 cup chopped onion | 1 to 2 tablespoons sugar |
| 1/2 cup chopped green bell pepper | 3/4 8-ounce jar picante sauce |

Combine corn, onion, green pepper, catsup, sugar and picante sauce in bowl; mix well. Chill, covered, overnight.

Approx Per Serving: Cal 181; Prot 4 g; Carbo 42 g; Fiber 3 g;
T Fat 2 g; 8% Calories from Fat; Chol 1 mg; Sod 860 mg.

submitted by Jean McCord

 Laban Hartley was one of the first settlers to the area of **Cross Keys**. He came on a land grant as a reward for his service in the Revolutionary War. Mr. Hartley died in 1842, having lived for 100 years.

The origin of the name of the community is unknown. Some say that Indians gave it its name; others think it was possibly called Cross Keys to identify the topographical features of adjacent ridges. But the most unusual story is of a man walking down the road in the area, and when his keys fell to the ground, exclaimed that it must be Cross Keys.

Nearby Mount Pishah was an Indian burial ground and meeting place. At one time, the Choctaw Indians and the settlers met there to make peace and divide up the community.



Mushroom Casserole

Yield: 6 servings

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| 1 cup chopped onion | 2 tablespoons sherry |
| 1/2 cup butter | 2 teaspoons parsley flakes |
| 2 tablespoons cornstarch | 2 tablespoons grated Parmesan |
| 1/2 teaspoon marjoram, crushed | cheese |
| 1 cup beef bouillon | 1/2 cup coarsely crumbled crackers |
| 1 8-ounce can sliced mushrooms, drained | 1 tablespoon melted butter |

Sauté onion in 1/2 cup butter in saucepan until tender-crisp. Mix cornstarch and marjoram with beef bouillon in small bowl. Stir into saucepan. Add mushrooms. Cook until thickened, stirring constantly; remove from heat. Stir in wine and parsley flakes. Spoon into 1-quart baking dish. Top with mixture of cheese, cracker crumbs and 1 tablespoon melted butter. Bake at 350 degrees for 20 minutes or until bubbly.

Approx Per Serving: Cal 226; Prot 3 g; Carbo 12 g; Fiber 1 g;
T Fat 19 g; 75% Calories from Fat; Chol 50 mg; Sod 559 mg.

submitted by Mary Elizabeth Smith

Pickled Okra

Yield: 36 servings

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|-----------------------------|------------------------|
| 6 cloves of garlic | 1 quart vinegar |
| 6 hot peppers | 1 cup water |
| 6 pints small okra | 1/2 cup salt |
| 6 teaspoons dillseed | |

Place 1 clove of garlic and 1 hot pepper in each of 6 hot sterilized 1-pint jars. Pack okra firmly into jars; add 1 teaspoon dillseed to each jar. Bring vinegar, water and salt to a boil in saucepan. Simmer for 5 minutes. Pour into jars, leaving 1/2 inch headspace; seal with 2-piece lids.

Approx Per Serving: Cal 18; Prot 1 g; Carbo 5 g; Fiber 1 g;
T Fat <1 g; 4% Calories from Fat; Chol 0 mg; Sod 1423 mg.

submitted by Virginia White



Onion Pie

Yield: 6 servings

3 large sweet onions, thinly sliced
1/2 cup butter
3 eggs, beaten
1 cup sour cream
Tabasco sauce to taste

1/4 teaspoon salt
1/2 teaspoon cracked pepper
1 baked deep-dish 9-inch pie shell
6 ounces sharp Cheddar cheese, shredded

Sauté onions in butter in skillet until tender. Beat eggs with next 4 ingredients in mixer bowl. Stir into onion mixture. Spoon into pie shell; sprinkle with cheese. Bake at 450 degrees for 20 minutes; reduce temperature to 325 degrees. Bake for 20 minutes longer. Use Vidalia, Texas 10-30 or Walla-Walla onions.

Approx Per Serving: Cal 413; Prot 17 g; Carbo 9 g; Fiber 1 g;
T Fat 35 g; 75% Calories from Fat; Chol 187 mg; Sod 802 mg.

submitted by Judy Pewitt

Vidalia Onion Casserole

Yield: 10 servings


1 cup uncooked long grain rice
2 cups water
6 large Vidalia onions, chopped
1/3 cup butter
2 tablespoons minced parsley

1 cup milk
1 cup shredded Swiss cheese
1/4 teaspoon salt
1/4 teaspoon white pepper
Paprika to taste

Simmer rice in water in saucepan for 10 minutes; drain. Sauté onions in butter in heavy saucepan for 15 minutes; remove from heat. Stir in rice, parsley, milk, cheese, salt and white pepper. Spoon into lightly greased 9x13-inch baking dish. Bake, covered, at 350 degrees for 30 minutes. Sprinkle with paprika.

Approx Per Serving: Cal 223; Prot 7 g; Carbo 26 g; Fiber 2 g;
T Fat 11 g; 44% Calories from Fat; Chol 30 mg; Sod 148 mg.

submitted by Marilyn and Calvin Lehw

 The origin of the name **Duplex** is a controversial topic. In 1872, John Lee purchased a race horse named Duplex, but many disagree as to which came first, the town or the horse.

Samuel Lee came to Williamson County in 1816 and built the first home, Maplewood. The furniture was purchased in New Orleans and New York and shipped by oxcart. Today, dairying, tobacco and corn are big business in Duplex.



Hashed Brown Potato Casserole

Yield: 8 servings

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| 1/2 cup chopped green onions | 3 ounces cream cheese |
| 1/4 cup melted margarine | 10 ounces sharp Cheddar cheese, |
| 1 32-ounce package frozen hashed | shredded |
| brown potatoes, thawed | 1 teaspoon salt |
| 1 10-ounce can cream of chicken | 1/4 teaspoon pepper |
| and mushroom soup | 2 cups cornflake crumbs |
| 1 10-ounce can cream of celery soup | 1/4 cup melted margarine |
| 1 cup sour cream | |

Sauté green onions in 1/4 cup margarine in saucepan. Add potatoes, soups, sour cream, cream cheese, Cheddar cheese, salt and pepper; mix well. Spoon into 3-quart baking dish. Top with mixture of cornflakes and 1/4 cup melted margarine. Bake at 350 degrees for 1 hour.

Approx Per Serving: Cal 712; Prot 17 g; Carbo 52 g; Fiber 3 g;
T Fat 50 g; 62% Calories from Fat; Chol 69 mg; Sod 1184 mg.

submitted by Evelyn McMillan

Hot Potato Salad

Yield: 8 servings

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|-----------------------------------|------------------------------------|
| 8 ounces bacon | 1 tablespoon sugar |
| 3/4 cup chopped onion | 1 1/2 tablespoons salt |
| 6 medium potatoes, cooked, | 1/4 teaspoon pepper |
| chopped | 3 hard-boiled eggs, chopped |
| 1/3 cup vinegar | |

Cook bacon in skillet until crisp; remove bacon from skillet to drain. Crumble bacon and set aside. Sauté onion in bacon drippings in skillet until tender. Combine with potatoes, vinegar, sugar, salt and pepper in bowl; mix well. Add eggs and crumbled bacon; mix gently. Spoon into baking dish. Bake at 350 degrees for 1 hour.

Approx Per Serving: Cal 178; Prot 7 g; Carbo 24 g; Fiber 2 g;
T Fat 6 g; 32% Calories from Fat; Chol 87 mg; Sod 1365 mg.

submitted by Julie Rutledge



Double-Stuffed Potatoes

Yield: 4 servings

4 large baking potatoes, baked
6 ounces sharp Cheddar cheese,
shredded

1/4 cup butter
1 cup ranch salad dressing with bacon
1/2 cup sour cream

Cut potatoes into halves lengthwise. Scoop pulp into mixer bowl; reserve 4 shells. Add remaining ingredients to potato pulp; beat until smooth. Spoon into reserved shells; place on baking sheet. Bake at 350 degrees for 30 minutes. Garnish with additional cheese.

Approx Per Serving: Cal 761; Prot 18 g; Carbo 55 g; Fiber 5 g;
T Fat 53 g; 62% Calories from Fat; Chol 111 mg; Sod 640 mg.

submitted by Judy Moody

Grandmother's Potato Casserole

Yield: 8 servings


6 medium potatoes
1 10-ounce can cream of chicken
soup
1/4 cup butter
1 cup sour cream

1/3 cup (or more) chopped green
onions
1 1/2 cups shredded Cheddar cheese
2 cups bread crumbs
2 tablespoons melted butter

Cook potatoes in skins in water in saucepan until tender; drain. Cool, peel and grate potatoes. Heat soup and 1/4 cup butter in saucepan until bubbly. Stir in sour cream, green onions and cheese. Fold in potatoes. Spoon into buttered 9x13-inch baking dish. Top with mixture of bread crumbs and 2 tablespoons melted butter. Bake at 350 degrees for 45 minutes.

Approx Per Serving: Cal 444; Prot 13 g; Carbo 43 g; Fiber 3 g;
T Fat 25 g; 50% Calories from Fat; Chol 62 mg; Sod 687 mg.

submitted by Carol Robertson

 The community of Flat Creek, in the southeastern part of the county, takes its name from the creek in the area. Four Revolutionary War soldiers from the same family were among the earliest settlers. They were David, Thomas, John and Isaac Gillespie.

It is no wonder that Steele Cemetery in Flat Creek has more Revolutionary War soldiers buried there than anywhere else in the county. Flat Creek is also the site of four slave cemeteries.



Potatoes Grandmère

Yield: 25 servings

5 pounds potatoes
Salt and white pepper to taste
6 cups whipping cream
6 tablespoons Dijon mustard

6 cloves of garlic, minced
6 tablespoons butter
 $\frac{3}{4}$ cup grated Parmesan cheese

Slice unpeeled potatoes $\frac{1}{8}$ inch thick. Layer in baking dishes, seasoning layers with salt and white pepper. Combine cream, mustard, garlic and butter in saucepan. Bring to a boil. Pour over potatoes. Bake, covered, at 350 degrees for 1 hour. Top with cheese. Bake, uncovered, until potatoes are tender and cheese melts. This is a good dish for large dinner parties. The potatoes can be sliced in advance and covered with water until time to prepare.

Approx Per Serving: Cal 338; Prot 5 g; Carbo 25 g; Fiber 2 g;
T Fat 25 g; 66% Calories from Fat; Chol 88 mg; Sod 193 mg.

submitted by Ann Arnold

Squash Casserole Supreme

Yield: 8 servings

6 medium yellow squash, chopped
1 small onion, chopped
 $\frac{1}{3}$ cup sour cream
 $\frac{1}{3}$ cup shredded Cheddar cheese

Salt and pepper to taste
 $\frac{3}{4}$ cup cracker crumbs
2 tablespoons melted butter

Steam squash and onion in saucepan until tender; drain any water. Stir in sour cream, cheese, salt and pepper. Spoon into 2-quart baking dish. Top with mixture of cracker crumbs and butter. Bake at 350 degrees for 30 minutes. May use light sour cream, cheese or butter if preferred. May substitute other vegetables for squash or use a medley of vegetables.

Approx Per Serving: Cal 122; Prot 3 g; Carbo 12 g; Fiber 2 g;
T Fat 7 g; 53% Calories from Fat; Chol 20 mg; Sod 163 mg.

submitted by Cathy Stover



Bethesda is home to the Bethesda Masonic Hall. When the school burned in 1935, classes were held in the hall. Little children, so as not to disturb the older students, would enter and leave the building through the window.



Squash with Jalapeño Peppers

Yield: 8 servings

1½ pounds summer squash,
chopped
1 medium onion, chopped
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper

1½ cups shredded Monterey Jack
cheese with jalapeño peppers
1 egg, slightly beaten
1 cup cottage cheese
2 tablespoons chopped parsley
½ cup grated Parmesan cheese

Sauté squash and onion in butter in saucepan until tender-crisp. Stir in flour, salt and pepper. Spoon into greased 2-quart baking dish. Sprinkle with Monterey Jack cheese. Combine egg, cottage cheese and parsley in bowl. Spoon over casserole; sprinkle with Parmesan cheese. Bake at 400 degrees for 25 to 30 minutes or until heated through.

Approx Per Serving: Cal 196; Prot 13 g; Carbo 8 g; Fiber 2 g;
T Fat 13 g; 58% Calories from Fat; Chol 62 mg; Sod 616 mg.

submitted by Nancy Dismukes

Squash Casserole

Yield: 8 servings

3 cups chopped squash
½ onion, chopped
Salt to taste
1 10-ounce can cream of chicken
soup

2 hard-boiled eggs, chopped
½ cup milk
Pepper to taste
1 cup butter cracker crumbs
2 tablespoons butter

Cook squash, onion and salt in just enough water to cover in saucepan for 15 minutes or until squash is tender and water has evaporated. Add soup, eggs, milk and pepper; mix well. Spoon into buttered baking dish. Sprinkle with cracker crumbs; dot with butter. Bake at 350 degrees for 30 minutes. I freeze the cooked squash and onion in 2-cup portions during the summer when squash is plentiful and use it later in casseroles.

Approx Per Serving: Cal 153; Prot 4 g; Carbo 14 g; Fiber 1 g;
T Fat 10 g; 56% Calories from Fat; Chol 66 mg; Sod 432 mg.

submitted by Ruth T. Tindall



Cheesy Squash Casserole

Yield: 8 servings

1½ cups soft bread crumbs
⅔ cup milk
3 cups sliced summer squash
1 onion, chopped
2 tablespoons butter
1 tablespoon sugar

Salt to taste
¼ teaspoon pepper
2 eggs, beaten
1 cup shredded mild Cheddar cheese
1 cup coarsely crushed crackers
3 tablespoons melted butter

Soak bread crumbs in milk in large mixer bowl. Cook squash and onion in water in saucepan until tender; drain. Add 2 tablespoons butter, sugar, salt and pepper; mix well. Add to bread mixture; mix well. Stir in eggs. Alternate layers of squash and cheese in 1-quart baking dish until all ingredients are used. Top with mixture of cracker crumbs and 3 tablespoons melted butter. Bake at 325 to 350 degrees for 30 minutes.

Approx Per Serving: Cal 241; Prot 8 g; Carbo 18 g; Fiber 1 g;
T Fat 15 g; 57% Calories from Fat; Chol 94 mg; Sod 354 mg.

submitted by Louise L. White

Stuffed Squash

Yield: 6 servings

1 large onion, chopped
1 tablespoon oil
6 small yellow squash
1 6-ounce can deviled ham

Salt and pepper to taste
2 tablespoons butter
½ cup dry bread crumbs

Sauté onion in oil until tender. Steam squash just until tender-crisp. Cut thin lengthwise slice from each squash. Scoop pulp into bowl, leaving ½-inch thick shells. Mash squash pulp with deviled ham, onion, salt and pepper. Spoon into reserved squash shells; place on baking sheet. Dot with butter; sprinkle with bread crumbs. Bake at 350 degrees until squash shells are tender and topping is brown.

Approx Per Serving: Cal 213; Prot 7 g; Carbo 12 g; Fiber 2 g;
T Fat 16 g; 65% Calories from Fat; Chol 33 mg; Sod 445 mg.

submitted by Dee Dorset



Sweet Potato Casserole

Yield: 8 servings

3 cups mashed cooked sweet potatoes
1 cup sugar
1/2 cup butter
2 eggs, beaten
1/2 cup milk

1 teaspoon vanilla extract
1/2 teaspoon salt
1 cup packed brown sugar
1/3 cup butter
1/2 cup broken pecans

Combine sweet potatoes, sugar, 1/2 cup butter, eggs, milk, vanilla and salt in bowl; mix well. Spoon into baking dish. Top with mixture of brown sugar and 1/3 cup butter; sprinkle with pecans. Bake at 350 degrees for 35 to 40 minutes or until golden brown.

Approx Per Serving: Cal 601; Prot 5 g; Carbo 90 g; Fiber 2 g;
T Fat 27 g; 39% Calories from Fat; Chol 107 mg; Sod 350 mg.

submitted by Christy Sweeney

Easy Sweet Potato Casserole

Yield: 8 servings

1 28-ounce can sweet potatoes
3 eggs, beaten
1 1/2 cups sugar
1/2 cup packed brown sugar

1/2 teaspoon nutmeg
1 cup melted butter
1 cup chopped pecans

Drain sweet potatoes, reserving 1/2 cup liquid. Combine sweet potatoes, reserved liquid, eggs, sugar, brown sugar, nutmeg and 1/2 cup melted butter in bowl; mix until smooth. Spoon into baking dish. Bake at 300 degrees for 15 minutes. Drizzle with remaining 1/2 cup melted butter; sprinkle with pecans. Bake for 15 minutes longer.

Approx Per Serving: Cal 641; Prot 6 g; Carbo 80 g; Fiber 3 g;
T Fat 35 g; 48% Calories from Fat; Chol 142 mg; Sod 302 mg.

submitted by Linda G. Noland



Families from the Bethesda area fought in the War of 1812, the Creek Indian War and the Civil War.



Sweet Potato Soufflé

Yield: 8 servings

3 cups mashed cooked sweet potatoes
1½ cups sugar
½ cup milk
¼ cup margarine
2 eggs
2 teaspoons vanilla extract

Salt to taste
1 cup packed brown sugar
⅓ cup flour
½ cup margarine
½ cup milk
1 cup chopped pecans

Combine sweet potatoes, sugar, ½ cup milk, ¼ cup margarine, eggs, vanilla and salt in mixer bowl; beat until smooth. Spoon into 3-quart baking dish. Combine brown sugar, flour, ½ cup margarine and ½ cup milk in saucepan. Bring to a boil, stirring constantly. Stir in pecans. Pour over sweet potato mixture. Bake at 350 degrees for 30 to 40 minutes or until golden brown.

Approx Per Serving: Cal 711; Prot 6 g; Carbo 109 g; Fiber 2 g;
T Fat 30 g; 37% Calories from Fat; Chol 57 mg; Sod 263 mg.

submitted by Geneva Stephens

Thanksgiving Sweet Potatoes

Yield: 8 servings

4 medium sweet potatoes, peeled, sliced
½ cup sugar
¼ cup margarine
1 tablespoon vanilla extract
½ teaspoon cinnamon

¼ teaspoon ground cloves
¼ cup self-rising flour
¼ cup packed brown sugar
2 tablespoons margarine
½ cup chopped pecans

Cook sweet potatoes in water in saucepan until tender; drain. Mash until smooth. Add sugar, ¼ cup margarine, vanilla, cinnamon and cloves; mix well. Spoon into baking dish. Combine flour, brown sugar and 2 tablespoons margarine in mixer bowl; mix until crumbly. Stir in pecans. Sprinkle over casserole. Bake at 350 degrees for 25 to 30 minutes or until golden brown.

Approx Per Serving: Cal 300; Prot 2 g; Carbo 44 g; Fiber 3 g;
T Fat 14 g; 41% Calories from Fat; Chol 0 mg; Sod 157 mg.

submitted by Barbara Conner



Fried Green Tomatoes

Yield: 3 servings

2 medium green tomatoes
1/2 teaspoon salt
1/2 teaspoon pepper

1/2 cup white cornmeal
1/4 cup bacon drippings

Slice tomatoes 1/4 inch thick; sprinkle with salt and pepper. Coat tomato slices with cornmeal. Add to hot bacon drippings in skillet over medium heat. Cook until brown on both sides; drain.

Approx Per Serving: Cal 272; Prot 3 g; Carbo 22 g; Fiber 2 g;
T Fat 19 g; 63% Calories from Fat; Chol 112 mg; Sod 553 mg.

submitted by John Alex Floyd, Jr.

Zucchini Casserole

Yield: 6 servings


2 medium zucchini, sliced
1 onion, sliced
2 tomatoes, peeled, sliced

8 1/4-inch slices Velveeta cheese
12 crackers, crushed
2 tablespoons margarine

Layer zucchini, onion, tomatoes, cheese and cracker crumbs in 8x10-inch baking dish. Dot with margarine. Bake at 350 degrees for 35 to 40 minutes or until zucchini is tender.

Approx Per Serving: Cal 230; Prot 10 g; Carbo 11 g; Fiber 2 g;
T Fat 16 g; 63% Calories from Fat; Chol 38 mg; Sod 668 mg.

submitted by Fred Wisdom

 **Riggs Crossroads**, located in the southeastern corner of the county, is named for the Riggs family, which settled the area in 1810. They were known as translators of the Bible. One member of the family even settled with the Sioux Indians in a community in western Minnesota.

David Riggs and his son, Gideon, were instrumental in creating Fishing Ford Road, which is now known as Route 31-A. This road is considered the oldest traveled thoroughfare in the state, and was actually used by northern and southern tribes of Indians in commerce and war.



Mom's Corn Bread Dressing

Yield: 6 servings

- | | |
|-----------------------------|------------------------------|
| 1 cup finely chopped onion | 2½ cups chicken broth |
| 1 cup finely chopped celery | 2 egg whites |
| 2 tablespoons margarine | ½ teaspoon poultry seasoning |
| 3 cups crumbled corn bread | ½ teaspoon sage |
| 1 cup bread cubes | ⅛ teaspoon pepper |

Sauté onion and celery in margarine in skillet. Combine with corn bread, bread cubes, chicken broth, egg whites, poultry seasoning, sage and pepper in bowl; mix well. Spoon into 9x9-inch baking dish sprayed with nonstick cooking spray. Bake at 400 degrees for 45 minutes.

Approx Per Serving: Cal 226; Prot 7 g; Carbo 29 g; Fiber 1 g;
T Fat 10 g; 38% Calories from Fat; Chol 20 mg; Sod 709 mg.

submitted by Regina Phillips

Macaroni Casserole

Yield: 10 servings

- | | |
|---------------------------------------|---------------------------------|
| 8 ounces uncooked macaroni | ½ cup chopped green bell pepper |
| 1 10-ounce can cream of mushroom soup | 1 2-ounce jar chopped pimento |
| 1 4-ounce can sliced mushrooms | 1 cup mayonnaise |
| 2 cups shredded sharp Cheddar cheese | 1 cup crushed butter crackers |
| ½ cup chopped onion | 2 ounces bleu cheese, crumbled |
| | ¼ cup melted margarine |

Cook macaroni in water in saucepan for 8 to 10 minutes or until tender; drain. Combine soup and undrained mushrooms in saucepan; mix well. Cook until heated through. Stir in cheese, onion, green pepper, pimento and mayonnaise. Add macaroni; mix gently. Spoon into 2-quart baking dish. Combine cracker crumbs, bleu cheese and margarine in bowl; mix well. Sprinkle over casserole. Bake at 350 degrees for 20 to 30 minutes or until bubbly. This is good with baked ham.

Approx Per Serving: Cal 472; Prot 11 g; Carbo 28 g; Fiber 2 g;
T Fat 36 g; 68% Calories from Fat; Chol 41 mg; Sod 760 mg.

submitted by Patricia Ann Haley



Boy Scout Oatmeal

Yield: 65 servings

Water
Salt to taste

**3 16-ounce packages old-fashioned
oats**

Fill clean washtub halfway with water. Bring to a boil over open fire; add salt. Stir in oats. Bring to a medium boil. Cook until of desired consistency. Serve with milk and sugar. This recipe has been tested on approximately 2,000 boy scouts of Troop One in Brentwood between 1910 and 1992.

Approx Per Serving: Cal 80; Prot 3 g; Carbo 14 g; Fiber 2 g;
T Fat 1 g; 15% Calories from Fat; Chol 0 mg; Sod 1 mg.

submitted by W. J. (Billy Jim) Vaughn

Cheese Grits

Yield: 8 servings

1 $\frac{1}{4}$ cups uncooked grits
1 $\frac{1}{2}$ cups boiling water
 $\frac{1}{2}$ cup shredded American cheese
 $\frac{1}{2}$ cup butter

2 eggs
1 cup milk
1 teaspoon garlic salt
 $\frac{1}{2}$ cup shredded Cheddar cheese

Cook grits in boiling water in saucepan for 30 minutes or until of desired consistency. Stir in American cheese and butter until melted. Beat eggs with milk and garlic salt in mixer bowl. Add to grits. Spoon into greased 2-quart baking dish. Bake at 350 degrees for 45 minutes. Sprinkle with Cheddar cheese. Bake for 15 minutes longer or until cheese melts.

Approx Per Serving: Cal 286; Prot 8 g; Carbo 21 g; Fiber 3 g;
T Fat 19 g; 59% Calories from Fat; Chol 103 mg; Sod 528 mg.

submitted by Marilyn and Calvin Lehw





Wild Rice

Yield: 8 servings

- | | |
|--|---------------------------------------|
| 1 7-ounce package long grain and wild rice mix | 1 8-ounce can mushrooms, drained |
| 1 cup chopped celery | 1 2-ounce can chopped pimento |
| 1 cup chopped onion | 8 ounces bacon, crisp-fried, crumbled |
| 1 cup chopped green bell pepper | 1/2 cup butter |
| 1 7-ounce can sliced water chestnuts, drained | Salt and pepper to taste |

Cook rice using package directions. Add celery, onion, green pepper, water chestnuts, mushrooms, pimento, bacon, butter, salt and pepper; mix well. Spoon into baking dish. Bake at 350 degrees until light brown.

Approx Per Serving: Cal 271; Prot 7 g; Carbo 27 g; Fiber 2 g;
T Fat 16 g; 52% Calories from Fat; Chol 38 mg; Sod 763 mg.

submitted by Mary D. Crawford

Pineapple Brunch Casserole

Yield: 8 servings

- | | |
|-----------------------------|--|
| 1 cup baking mix | 4 ounces cooked ham, chopped |
| 1 cup milk | 1 cup shredded Monterey Jack cheese |
| 4 eggs, slightly beaten | 2 green onions, minced |
| 6 tablespoons melted butter | 1 8-ounce can crushed pineapple, drained |
| 1 teaspoon Dijon mustard | |
| 1/2 teaspoon onion powder | |
| Nutmeg to taste | |

Combine baking mix, milk, eggs, butter, mustard, onion powder and nutmeg in blender container or mixer bowl; mix until smooth. Stir in ham, cheese, green onions and pineapple. Spoon into greased 9-inch baking dish. Bake at 350 degrees for 35 to 40 minutes or until golden brown. Serve at breakfast or with salad for a light supper. May substitute Cheddar cheese for Monterey Jack cheese if preferred.

Approx Per Serving: Cal 294; Prot 13 g; Carbo 16 g; Fiber <1 g;
T Fat 20 g; 61% Calories from Fat; Chol 155 mg; Sod 599 mg.

submitted by Dora S. Palmer



Dilled Green Beans

Yield: 36 servings

6 pints small tender green beans
6 heads dill
3 cloves of garlic, cut into halves
1½ teaspoons red pepper

3 cups white vinegar
3 cups water
¾ cup pickling salt

Pack green beans into 6 hot sterilized 1-pint jars. Divide dill, garlic and red pepper among jars. Bring vinegar, water and pickling salt to a boil in saucepan. Add to jars, leaving ½ inch headspace; seal with 2-piece lids. Let stand for 6 weeks or longer before using. May dill carrots, celery, okra, green pepper, cauliflower, onions, hot peppers or green tomatoes using this recipe.

Approx Per Serving: Cal 14; Prot 1 g; Carbo 4 g; Fiber 1 g;
T Fat <1 g; 2% Calories from Fat; Chol 0 mg; Sod 2134 mg.

submitted by Martha A. Bruer

Sweet Cucumber Pickles

Yield: 150 servings

1½ gallons water
2 cups salt
2 gallons cucumbers, sliced
1 gallon water
2 tablespoons powdered alum

2 tablespoons celery seed
1½ tablespoons turmeric
3 tablespoons pickling spices
2½ quarts vinegar
16 cups sugar

Bring 1½ gallons water and salt to a boil in large saucepan. Pour over cucumbers in crock. Let stand for 2 days. Drain and rinse cucumbers. Bring 1 gallon water and alum to a boil in large saucepan. Pour over cucumbers in crock. Let stand for 24 hours. Tie celery seed, turmeric and pickling spices in cheesecloth. Combine with vinegar and sugar in saucepan. Simmer for 30 minutes. Drain and rinse cucumbers. Pack into hot sterilized jars. Pour vinegar mixture over cucumbers, leaving ½ inch headspace; seal with 2-piece lids.

Approx Per Serving: Cal 87; Prot <1 g; Carbo 23 g; Fiber <1 g;
T Fat <1 g; 0% Calories from Fat; Chol 0 mg; Sod 1366 mg.
Nutritional information does not include alum.

submitted by Billie Robinson



Breads



Williamson County boasts many magnificent restored historic homes. Many of these homes have been passed down from generation to generation, all have been cared for and lovingly preserved or restored. This home, located near College Grove on Cox Road, is the home of Emy Joe Bellenfant-Bellis and is a good example of preserving the past. The home was built in 1867.



The community of **College Grove** actually began as the community of Poplar Grove back in the late 1700s. James Allison, a local man, purchased 400 acres of land on Grove Creek and from the late 1700s to 1840, the community was known as Poplar Grove.

When the government established a post office in Poplar Grove, they informed the residents that there was already another community called Poplar Grove, so the name of the town was changed to College Grove, in honor of two prominent schools that were located in the area.

The two schools, a boys school and a female seminary, were very prestigious institutions. The boys academy was called the Cary and Winn School. It was started before the Civil War and was a boarding school. The cost of attending school then was 10 cents a day for the younger students and 15 cents a day for the older boys.

When the Civil War broke out, both students and teachers left the school to join the Confederate efforts. Professor Cary, one of the men for whom the school was named, was imprisoned in the North, but was released after the war ended and was able to return to teaching. Professor Winn, however, was killed during a battle in North Georgia. Years later, the academy was opened as a public school and then finally razed in 1916.

Another prominent resident was Dr. Urban G. Owen. He enlisted in the Tennessee Regiment, along with other men from College Grove. From 1861-64, he wrote letters to his wife, letters that are still preserved in the *Tennessee Historical Quarterly* magazines. Owen never told his wife about the conditions under which he had to perform surgery, but he did write about the need for boots and the outbreak of mumps.

After the war, he returned to College Grove and became known as "Old Doc Owen."



Apple-Crescent Coffee Cake

Yield: 12 servings

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|---|------------------------------|
| 2 8-count cans crescent rolls | 1/4 cup melted butter |
| 1 14-ounce package coconut-pecan frosting mix | 1/4 cup orange juice |
| 2 cups chopped peeled tart apples | 1/2 cup confectioners' sugar |
| | 1 tablespoon orange juice |

Unroll 1 can crescent rolls. Press into ungreased 9x13-inch pan, sealing perforations. Sprinkle 1 cup frosting mix over dough. Cover with chopped apples. Drizzle with 2 tablespoons melted butter. Unroll remaining can crescent rolls. Pat into 9x13-inch rectangle, sealing perforations. Place over apple layer. Combine remaining melted butter, remaining frosting mix and 1/4 cup orange juice in small bowl; mix well. Spread over top layer. Bake at 375 degrees for 25 to 30 minutes or until golden brown. Combine confectioners' sugar with 1 tablespoon orange juice in small bowl, stirring until of glaze consistency. Drizzle over warm coffee cake.

Approx Per Serving: Cal 337; Prot 3 g; Carbo 44 g; Fiber <1 g;
T Fat 17 g; 45% Calories from Fat; Chol 10 mg; Sod 409 mg.

submitted by Faye Carwile

Deborah's Coffee Cake

Yield: 12 servings

- | | |
|--|--------------------------|
| 1 cup chopped pecans | 1 teaspoon cinnamon |
| 1 16-ounce package frozen dough balls | 1 cup packed brown sugar |
| 1 3-ounce package butterscotch pudding and pie filling mix | 1/2 cup melted margarine |

Sprinkle pecans into bottom of tube pan. Add frozen dough balls. Sprinkle with butterscotch pudding mix and cinnamon. Mix brown sugar with margarine in bowl. Pour over top. Let stand, covered, overnight. Bake at 350 degrees for 25 minutes. Invert onto serving plate. This is a wonderful holiday morning breakfast and is easy to prepare.

Approx Per Serving: Cal 341; Prot 4 g; Carbo 51 g; Fiber 1 g;
T Fat 16 g; 39% Calories from Fat; Chol 0 mg; Sod 376 mg.

submitted by Deborah M. Rota



Broccoli Corn Bread

Yield: 12 servings

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|--------------------------------|-----------------------------------|
| 1 7-ounce package cornmeal mix | 1/2 cup melted margarine |
| 1/2 teaspoon salt | 1 10-ounce package frozen |
| 1/2 teaspoon baking powder | chopped broccoli, thawed, drained |
| 1 onion, chopped | 8 ounces cottage cheese |
| 3 eggs, beaten | 8 ounces Cheddar cheese, shredded |

Combine first 8 ingredients in large bowl; mix well. Pour into greased 9x13-inch baking pan. Bake at 400 degrees for 30 to 40 minutes or until brown. Sprinkle cheese over top. Bake until cheese is melted. Cool slightly; cut into squares.

Approx Per Serving: Cal 253; Prot 11 g; Carbo 16 g; Fiber 1 g;
T Fat 17 g; 58% Calories from Fat; Chol 76 mg; Sod 608 mg.

submitted by Shirley Ponder

Company Corn Bread

Yield: 12 servings

- | | |
|--------------------------|--------------------------------|
| 2 cups baking mix | 1 cup buttermilk |
| 1/2 teaspoon baking soda | 1 cup melted margarine |
| 1 cup cornmeal | 1 8-ounce can cream-style corn |
| 1/2 cup sugar | 2 eggs, beaten |

Combine baking mix, baking soda, cornmeal and sugar in bowl. Add buttermilk, margarine, corn and eggs; mix well. Spoon into greased 9x13-inch baking pan. Bake at 350 degrees for 30 to 40 minutes or until golden brown. Cool slightly; cut into squares. This is a wonderful, rich corn bread.

Approx Per Serving: Cal 336; Prot 5 g; Carbo 36 g; Fiber 1 g;
T Fat 20 g; 52% Calories from Fat; Chol 36 mg; Sod 564 mg.

submitted by Mary Wilson



The College Grove Book Club, started in 1920, as a means for young mothers to socialize and exchange ideas. That club is still going strong today.



Crackling Corn Bread

Yield: 12 servings

1 cup pork cracklings
2 cups hot water
1 tablespoon salt

1/2 teaspoon baking powder
1 1/2 cups buttermilk
4 cups white cornmeal

Soak pork cracklings in hot water until tender. Combine remaining ingredients in bowl; mix well. Stir in pork cracklings. Shape into small pones with oiled hands; place on baking sheet. Bake at 350 degrees for 25 minutes.

Approx Per Serving: Cal 180; Prot 5 g; Carbo 38 g; Fiber 3 g;
 T Fat 1 g; 4% Calories from Fat; Chol 1 mg; Sod 579 mg.
 Nutritional information does not include pork cracklings.

submitted by Stella Rooker

Egg Corn Bread

Yield: 6 servings


1/2 teaspoon baking soda
1 egg, beaten
1 cup buttermilk

1 cup cornmeal, sifted
1/2 teaspoon onion salt
1 tablespoon melted butter

Dissolve baking soda in a small amount of hot water. Combine egg, buttermilk, cornmeal, onion salt, butter and baking soda mixture in bowl; beat well. Place greased 6-inch ovenproof skillet into 425-degree oven to heat. Pour in batter. Bake for 20 minutes or until brown. Delicious with summer vegetables.

Approx Per Serving: Cal 131; Prot 4 g; Carbo 20 g; Fiber 2 g;
 T Fat 3 g; 24% Calories from Fat; Chol 42 mg; Sod 272 mg.

submitted by Nancy Dismukes

 **Allisona** is located in the southeast corner of the county and, like many small communities around the area, has had several names. The area was first called Harpeth Lick, because of the lick on the creek where deer came to get salt. The Harpeth Lick Cumberland Presbyterian Church is a reminder of this earlier name. Then, the government came into the area to establish a post office in the back of Johnson Jordan's store. So the name of the community became known as Jordan's Store. It wasn't long before Jordan decided to change the name to Allisona in honor of his wife, Margaret W. Allison.

The thriving little community had a flour mill, several cotton gins, a blacksmith shop, a saw mill, a tobacco factory and a cotton factory.



Hot Water Corn Bread

Yield: 6 servings

3/4 cup cornmeal
2 cups boiling water

Oil for frying

Place cornmeal in large bowl. Pour in boiling water gradually, stirring until no dry cornmeal is visible. Let stand until cool. Shape into balls; flatten slightly. Fry in 1/4 inch hot oil in cast-iron skillet until brown on both sides, turning once. Serve with turnip greens or other vegetables. May add additional boiling water for thinner batter consistency to drop from spoon into hot oil.

Approx Per Serving: Cal 63; Prot 1 g; Carbo 14 g; Fiber 1 g;
T Fat <1 g; 3% Calories from Fat; Chol 0 mg; Sod <1 mg.
Nutritional information does not include oil for frying.

submitted by Dora S. Palmer, C.R.S.

Quick Corn-Light Bread

Yield: 12 servings


2 cups self-rising cornmeal
1 cup self-rising flour
1/2 cup sugar
1 teaspoon baking powder

1 egg, beaten
2 cups buttermilk
3 tablespoons oil

Combine cornmeal, flour, sugar and baking powder in bowl. Add egg, buttermilk and oil, stirring to mix. Pour into greased 5x7-inch loaf pan. Bake at 350 degrees for 1 hour. Cool on wire rack.

Approx Per Serving: Cal 220; Prot 5 g; Carbo 39 g; Fiber <1 g;
T Fat 5 g; 20% Calories from Fat; Chol 19 mg; Sod 569 mg.

submitted by Frances Sweeney

 The community of **Arno** was given its name by the government when it established a post office in the area in the early 1900s. But the area was a thriving town long before the post office was built. An early settler, William Kennedy, was born in Virginia and was a Revolutionary War soldier. He moved to Williamson County in 1818 and bought 72 acres along McCrory's Creek. The same year, the locals built the Cool Springs Baptist Church. The church was named for the springs located nearby and kept the name even after the church was moved. Today, that church is still going strong with 300 members.



Corn Pones

Yield: 12 servings

1½ cups cornmeal
1 tablespoon flour
1 teaspoon sugar
¼ teaspoon salt

¼ teaspoon baking soda
1 teaspoon baking powder
1 cup buttermilk

Sift cornmeal, flour, sugar, salt, baking soda and baking powder together in bowl. Add buttermilk, stirring until moistened. Shape mixture into pones. Place in greased cast-iron skillet or on baking sheet. Bake at 425 degrees for 20 to 25 minutes or until brown.

Approx Per Serving: Cal 75; Prot 2 g; Carbo 15 g; Fiber 1 g;
T Fat <1 g; 5% Calories from Fat; Chol 1 mg; Sod 111 mg.

submitted by Nancy P. Conway

Applesauce-Walnut Bread

Yield: 12 servings

1 cup sugar
1 cup applesauce
¼ cup vegetable oil
3 egg whites
3 tablespoons skim milk
2 cups sifted flour

1 teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup chopped walnuts

Combine sugar, applesauce, oil, egg whites and skim milk in bowl; mix well. Mix flour, baking soda, salt, cinnamon and nutmeg together. Add to applesauce mixture; mix well. Stir in walnuts. Pour into greased and floured 5x9-inch loaf pan. Bake at 350 degrees for 60 to 70 minutes or until loaf tests done. Cool on wire rack.

Approx Per Serving: Cal 228; Prot 4 g; Carbo 37 g; Fiber 1 g;
T Fat 8 g; 30% Calories from Fat; Chol <1 mg; Sod 174 mg.

submitted by Doris Hickman



The College Grove PTA was the first Parent Teacher Organization in Williamson County.



Homemade Bread

Yield: 48 servings


6 to 7 cups flour
1 tablespoon salt
1³/₄ cups milk, scalded
2²/₃ cup sugar
1¹/₂ cup shortening

1 envelope dry yeast
1 tablespoon sugar
1¹/₄ cup lukewarm water
1 egg, beaten

Combine 3 to 4 cups flour with salt in large bowl; make well in center. Mix hot milk with sugar and shortening in medium bowl, stirring until shortening is melted. Dissolve yeast with 1 tablespoon sugar in lukewarm water. Add to cooled milk mixture with egg; mix well. Pour into well in flour mixture. Add remaining flour, stirring until soft dough forms. Place in greased bowl, turning to grease surface. Let rise, covered, until doubled in bulk. Punch dough down; knead for 10 minutes or until smooth and elastic. Divide into 4 equal portions. Shape into loaves. Place in greased loaf pans. Let rise, covered, in warm place for 1 hour. Bake at 350 degrees for 20 to 30 minutes or until light brown. Invert onto wire racks to cool. My grandmother, Velma Owen, 100 years old in 1992, used to make this bread when I was growing up and taught me to make it.

Approx Per Serving: Cal 104; Prot 2 g; Carbo 17 g; Fiber 1 g;
T Fat 3 g; 24% Calories from Fat; Chol 6 mg; Sod 139 mg.

submitted by Holly Walcott

 **K**irkland, located on Horton Highway between College Grove and Triune, was the home of Newton Cannon, the first governor of Tennessee to come from Williamson County.

During the Indian War of 1813, Newton Cannon commanded the Tennessee Volunteers against the Creek Indians. The government back then was so slow that Cannon often was forced to pay his soldiers out of his own pocket. Cannon's lack of education prompted him to be a pioneer in education. In 1828, he donated land for the Harpeth Union Female Academy. This focus on education continued when, in his post as governor, he passed state legislation to establish common schools, the predecessor of public schools.



Old-Fashioned Nut Bread

Yield: 12 servings

1 egg
1 cup (scant) sugar
1 cup milk
3 cups flour

2 teaspoons baking powder
1 teaspoon salt
1 cup pecans

Beat egg in large bowl. Beat in sugar gradually. Add milk; mix until smooth. Sift flour, baking powder and salt together. Mix pecans into flour mixture. Add to sugar mixture; mix well. Pour into greased 5x9-inch loaf pan. Let rise for 20 minutes. Bake at 350 degrees for 40 minutes or until loaf tests done. Cool on wire rack.

Approx Per Serving: Cal 264; Prot 5 g; Carbo 43 g; Fiber 1 g;
T Fat 8 g; 27% Calories from Fat; Chol 21 mg; Sod 248 mg.

submitted by Connie Ewin Clark

Parmesan Loaf

Yield: 12 servings

1 envelope dry yeast
1/4 cup warm water
3/4 cup milk, scalded, cooled
1/4 cup sugar
1 teaspoon salt

1 egg, beaten
1/4 cup butter
3 1/2 cups flour
1/2 cup melted butter
5 ounces Parmesan cheese, grated

Dissolve yeast in warm water in bowl. Stir in cooled milk, sugar, salt, egg, 1/4 cup butter and 2 cups flour. Stir until smooth. Add enough remaining flour to form soft dough. Knead on floured surface for 5 minutes or until dough is smooth and elastic. Place in greased bowl, turning to coat surface. Let rise, covered, in warm place until doubled in bulk. Line 10-inch tube pan with greased foil. Punch dough down. Divide into 24 portions. Dip each portion into melted butter; roll in Parmesan cheese. Layer in prepared pan. Let rise, covered, until doubled in bulk. Bake at 375 degrees for 35 minutes. Invert onto serving plate. Delicious served warm with sliced ham and mustard sauce.

Approx Per Serving: Cal 322; Prot 10 g; Carbo 33 g; Fiber 1 g;
T Fat 16 g; 46% Calories from Fat; Chol 60 mg; Sod 507 mg.

submitted by Joy Vaughn



Zucchini Bread with Cream Cheese

Yield: 24 servings

3 eggs, beaten
2 cups sugar
1 cup oil
2 teaspoons vanilla extract
3 cups flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon salt

1 teaspoon cinnamon
1/2 cup chopped pecans
2 cups shredded unpeeled zucchini
8 ounces cream cheese, softened
1 egg
1/2 cup sugar
2 tablespoons flour

Beat 3 eggs, 2 cups sugar, oil and vanilla in large bowl. Add next 5 ingredients, stirring well. Fold in pecans and zucchini. Beat cream cheese, 1 egg, 1/2 cup sugar and 2 tablespoons flour in mixer bowl until light and fluffy. Alternate batter and cream cheese mixture in 2 greased loaf pans, ending with batter. Bake at 350 degrees for 1 hour and 10 minutes. Cool in pans for several minutes; remove to wire rack to cool completely.

Approx Per Serving: Cal 287; Prot 4 g; Carbo 35 g; Fiber 1 g;
T Fat 15 g; 47% Calories from Fat; Chol 46 mg; Sod 171 mg.

submitted by Kathie Langley

Zucchini Bread

Yield: 24 servings

4 eggs, beaten
2 cups sugar
1 cup oil
3 1/2 cups flour
1 1/2 teaspoons salt
1 teaspoon cinnamon

3/4 teaspoon baking powder
1 1/2 teaspoons baking soda
2 cups grated unpeeled zucchini
1 cup raisins
1 cup chopped walnuts
1 teaspoon vanilla extract

Beat eggs with sugar in large bowl. Add oil. Sift flour, salt, cinnamon, baking powder and baking soda together. Stir into egg mixture alternately with zucchini. Add raisins, walnuts and vanilla, stirring well. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 1 hour. Cool in pans for 10 minutes. Turn onto wire racks to cool completely.

Approx Per Serving: Cal 281; Prot 4 g; Carbo 38 g; Fiber 1 g;
T Fat 13 g; 42% Calories from Fat; Chol 36 mg; Sod 209 mg.

submitted by Maureen Sweeney



Double Apple Muffins

Yield: 12 servings

1 $\frac{1}{3}$ cups flour
1 cup oats
 $\frac{1}{3}$ cup packed brown sugar
1 tablespoon baking powder
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon salt

$\frac{2}{3}$ cup milk
 $\frac{1}{3}$ cup apple juice
 $\frac{1}{4}$ cup oil
1 egg, beaten
1 medium apple, peeled, chopped

Combine flour, oats, brown sugar, baking powder, cinnamon and salt in large bowl. Add milk, apple juice, oil and egg, stirring until moistened. Fold in chopped apple. Spoon into greased muffin cups, filling $\frac{2}{3}$ full. Bake at 400 degrees for 20 minutes. May freeze, tightly wrapped, and reheat in microwave for 30 to 40 seconds.

Approx Per Serving: Cal 170; Prot 4 g; Carbo 26 g; Fiber 1 g;
T Fat 6 g; 32% Calories from Fat; Chol 20 mg; Sod 186 mg.

submitted by Lois Francis

Hot Cross Muffins

Yield: 12 servings

$\frac{12}{3}$ cups flour
 $\frac{2}{3}$ cup sugar
2 teaspoons baking powder
 $\frac{3}{4}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon salt
1 egg, beaten

$\frac{1}{3}$ cup oil
 $\frac{2}{3}$ cup evaporated milk
 $\frac{3}{4}$ cup raisins
 $\frac{1}{4}$ cup sifted confectioners' sugar
 $\frac{1}{2}$ teaspoons evaporated milk

Sift flour, sugar, baking powder, cinnamon and salt into medium bowl. Make well in center. Beat egg, oil and $\frac{2}{3}$ cup evaporated milk in small bowl. Pour into well in flour mixture, stirring with wooden spoon until moistened. Fold in raisins. Spoon into greased muffin cups, filling $\frac{2}{3}$ full. Bake at 400 degrees for 20 minutes. Cool on wire rack. Combine confectioners' sugar and $\frac{1}{2}$ teaspoons evaporated milk in small bowl, stirring until of glaze consistency. Drizzle over each muffin to form a cross. Serve warm. May substitute currants for raisins if desired.

Approx Per Serving: Cal 226; Prot 4 g; Carbo 36 g; Fiber 1 g;
T Fat 8 g; 31% Calories from Fat; Chol 22 mg; Sod 167 mg.

submitted by A Friend



Orange Muffins

Yield: 12 servings

1 cup sugar	1/2 cup buttermilk
2 cups flour	1/2 cup margarine, softened
1/2 teaspoon salt	2 eggs, beaten
1/2 teaspoon baking soda	1 cup chopped pecans
1 orange, finely ground	1 cup raisins

Combine sugar, flour, salt and baking soda in large bowl. Add ground orange, buttermilk, margarine and eggs, stirring until moistened. Fold in pecans and raisins. Spoon into greased muffin cups, filling $\frac{2}{3}$ full. Bake at 350 degrees for 15 minutes or until brown. Serve hot.

Approx Per Serving: Cal 338; Prot 5 g; Carbo 47 g; Fiber 2 g;
T Fat 16 g; 40% Calories from Fat; Chol 36 mg; Sod 237 mg.

submitted by Laura T. Miller

Sour Cream Muffins

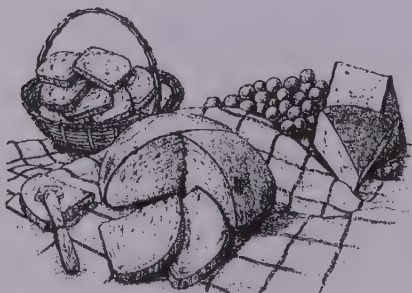
Yield: 12 servings

1/2 cup butter, softened	1 cup sour cream
1 cup self-rising flour	

Combine butter, flour and sour cream in bowl, mixing well. Spoon into muffin cups sprayed with nonstick cooking spray. Bake at 350 degrees for 15 to 20 minutes or until brown.

Approx Per Serving: Cal 145; Prot 2 g; Carbo 9 g; Fiber <1 g;
T Fat 12 g; 72% Calories from Fat; Chol 29 mg; Sod 187 mg.

submitted by Ann Griffeth





Soft Pretzels

Yield: 60 servings


2 packages granulated yeast
1/4 cup lukewarm water
4 cups milk, scalded
3/4 cup shortening, softened
1/2 cup sugar

11 cups flour
1 1/2 teaspoons baking powder
1 1/2 tablespoons salt
2 tablespoons household lye
Coarse salt to taste

Soften yeast in lukewarm water. Combine scalded milk, shortening and sugar in large bowl, stirring to cool. Add softened yeast and 6 cups flour, stirring until smooth. Let rise, covered, in warm place for 30 minutes or until light and bubbly. Sift 5 cups flour with baking powder and salt. Punch dough down. Add flour mixture; mix until stiff dough forms. Place in greased bowl, turning to grease surface. Let rise, covered, for 1 1/2 hours or until doubled in bulk. Punch dough down; divide into 6 portions. Let stand for 10 minutes. Divide each portion into 10 equal portions. Shape into 1/2x18-inch strands. Twist into pretzel shapes, tucking under ends. Place on baking pan or waxed paper; let rise. Combine lye with 2 quarts water in non-aluminum pan. Heat until steaming but not boiling. Place each pretzel on slotted spatula. Dip in lye solution for 1 to 2 seconds; drain. Place on baking sheet. Sprinkle with coarse salt. Bake at 400 degrees for 14 minutes or until well browned. The lye solution is very weak and does not stay on pretzels in dangerous quantities, but be careful working with it. The pretzels freeze well and can be reheated.

Approx Per Serving: Cal 123; Prot 3 g; Carbo 20 g; Fiber 1 g;
T Fat 3 g; 25% Calories from Fat; Chol 2 mg; Sod 122 mg.
Nutritional information does not include household lye.

submitted by Donald P. Harris

 The community of **Peytonsville** has had two unusual names given to it. The first, **Snatchit**, came as a result of a \$10 debt. In 1836, a creditor collected his due bill by snatching a \$10 bill from the hand of unsuspecting debtor, **Andrew Campbell**.

Later, after the Civil War, many ex-Confederate soldiers left the area for Texas. Those who stayed decided to call the area **Little Texas**. Finally, the name was changed to **Peytonsville** for the **Peyton** family, who lived in the area.



Easy Cinnamon Rolls

Yield: 20 servings

4 $\frac{1}{2}$ tablespoons shortening
3 cups self-rising flour
1 cup milk
 $\frac{1}{2}$ cup butter, softened
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup packed brown sugar

1 tablespoon cinnamon
 $\frac{3}{4}$ cup chopped pecans
 $\frac{3}{4}$ cup raisins
 $1\frac{1}{4}$ cups confectioners' sugar
3 tablespoons milk

Cut shortening into flour in bowl until mixture is crumbly. Add milk, stirring until dough pulls away from side of bowl. Knead on floured surface 4 to 6 times. Roll into 14x20-inch rectangle. Spread butter over surface of dough, leaving narrow margin on all sides. Combine sugar, brown sugar and cinnamon. Sprinkle over butter. Sprinkle with pecans and raisins. Roll up from long side as for jelly roll, pinching edge to seal. Cut into 1-inch slices. Place cut side down in greased 9x13-inch baking pan. Bake at 375 degrees for 20 to 25 minutes. Combine confectioners' sugar and 3 tablespoons milk in small bowl, stirring until of spreading consistency. Drizzle over warm rolls.

Approx Per Serving: Cal 263; Prot 3 g; Carbo 39 g; Fiber 1 g;
T Fat 11 g; 37% Calories from Fat; Chol 14 mg; Sod 251 mg.

submitted by Nancy Moody

Cream Cheese Crescents

Yield: 12 servings

2 8-count cans crescent rolls
16 ounces cream cheese, softened
1 egg yolk, beaten
1 cup sugar

1 teaspoon vanilla extract
1 egg white, beaten
 $\frac{1}{2}$ cup chopped pecans

Line ungreased 9x13-inch baking pan with half the roll dough, sealing perforations. Beat cream cheese, egg yolk, sugar and vanilla in mixer bowl until light and fluffy. Spread over dough. Top with remaining roll dough. Spread egg white over top. Sprinkle with pecans. Bake at 350 degrees for 30 minutes. Garnish with sprinkle of confectioners' sugar.

Approx Per Serving: Cal 368; Prot 5 g; Carbo 33 g; Fiber 0 g;
T Fat 24 g; 59% Calories from Fat; Chol 59 mg; Sod 424 mg.

submitted by Lydia Miller



Easy Rolls

Yield: 24 servings

4 cups self-rising flour
3/4 cup melted margarine
1/2 cup sugar

1 egg, beaten
1 package dry yeast
2 cups warm water

Combine flour, margarine, sugar, egg, yeast and warm water in bowl, stirring well. Pour into greased muffin cups, filling 2/3 full. Bake at 425 degrees for 20 minutes or until brown. May store mixture in refrigerator until ready to bake.

Approx Per Serving: Cal 144; Prot 2 g; Carbo 20 g; Fiber 1 g;
T Fat 6 g; 38% Calories from Fat; Chol 9 mg; Sod 295 mg.

submitted by Suzanne Glerum

Quick Rolls

Yield: 12 servings


2 cups self-rising flour
1 to 1 1/2 cups milk

1/4 cup mayonnaise

Combine flour, milk and mayonnaise in bowl; mix well. Shape into 12 rolls. Place in greased muffin cups. Bake at 400 degrees for 15 minutes or until brown.

Approx Per Serving: Cal 125; Prot 3 g; Carbo 17 g; Fiber 1 g;
T Fat 5 g; 35% Calories from Fat; Chol 7 mg; Sod 264 mg.

submitted by Betty Plemons

 The community of **Rudderville** was started from a land grant to Revolutionary War Colonel Starnes. He named the community Rudderville, in honor of his wife's maiden name, Rudder.

The community was known for its schools. The first school was called Accident School, a name which was finally changed to Sunnyside School because no one liked the name Accident. Another school, the Rudderville School, was also active.

Electricity did not come to the area until 1940. Until then ice was brought from Franklin in huge quantities and kept in sawdust next to the general store.



Refrigerator Rolls

Yield: 100 servings

2 packages yeast
1 tablespoon sugar
1/2 cup lukewarm water
1 cup sugar
1 cup shortening
3 1/2 cups milk

3 cups flour
1 tablespoon salt
1 teaspoon baking soda
2 teaspoons baking powder
5 to 7 cups flour
Melted butter

Mix yeast and sugar in lukewarm water; set aside. Combine 1 cup sugar, shortening and 1 cup milk in saucepan. Heat until shortening is melted. Combine with remaining milk in bowl. Add yeast and mixture of 3 cups flour, salt, baking soda and baking powder; mix well. Add enough remaining flour to make slightly thick batter. Let rise, covered, until doubled in bulk. Add enough remaining flour to make soft dough. Knead on floured surface for 3 to 5 minutes. Place in greased container. Brush with oil. Chill, covered, until needed. Remove desired amount of dough. Roll out to 1/2-inch thickness, adding additional flour if necessary. Cut into circles. Dip in melted butter; fold into half circles, sealing edges with floured spoon. Place on greased baking sheets. Let rise, covered, for 1 1/2 hours. Bake at 375 degrees for 10 to 15 minutes. May use half bread flour and half whole wheat flour for whole wheat rolls. Rolls freeze well after baking. May refrigerate dough for 8 to 15 days.

Approx Per Serving: Cal 78; Prot 2 g; Carbo 12 g; Fiber <1 g;
T Fat 2 g; 29% Calories from Fat; Chol 1 mg; Sod 83 mg.
Nutritional information does not include melted butter.

submitted by Joyce Crutcher

Spoon Rolls

Yield: 12 servings

1 package dry yeast
2 tablespoons warm water
1/4 cup sugar
3/4 cup oil

4 cups self-rising flour
2 cups warm water
1 egg, beaten

Dissolve yeast in 2 tablespoons warm water in large bowl. Add sugar, oil, flour, 2 cups warm water and egg; mix well. Spoon into greased muffin cups. Bake at 400 degrees for 15 minutes or until golden brown. May store batter in refrigerator until needed.

Approx Per Serving: Cal 291; Prot 5 g; Carbo 35 g; Fiber 1 g;
T Fat 15 g; 45% Calories from Fat; Chol 18 mg; Sod 456 mg.

submitted by Suzette Johnson



Desserts



Leiper's Fork, nestled in the Southwest corner of the county, is known for its scenic beauty. Here Calvin and Marilyn Lehew and their family dog, Maggie, look out over the lake on their property in Leiper's Fork.



The community of **Leiper's Fork** is located nine miles west of Franklin on Old Hillsboro Road. The community was started in 1785 when 40 acres of land was granted to Hugh Leiper in what was to become Williamson County. The land described in the grant was located on a large fork in the Harpeth River, now called Leipers Fork for the Leiper family.

Then in 1799, Thomas Hart Benton moved his family to the area and the town became known as Bentontown. Benton was a prominent lawyer in Williamson County and finally moved away to Missouri where he served in the U.S. Senate.

Then the area attracted a large number of settlers from Hillsboro, North Carolina, and so the town and road through the area became known as Hillsboro.

Green's Store has been operating more than 50 years and supplies general merchandise, horse and cattle feed. People would come into the store to swap tales by the potbellied stove and see the collection of snake skins on the wall. His daughter runs the store today.

The first organized church was started in 1815 and was called Union Church, because all denominations were allowed to meet there. In 1829, two preachers, Joel Anderson and Andrew Craig, were dismissed for preaching the doctrines of Alexander Campbell, which at that time was considered heresy. These two men then formed the first Church of Christ in the county.



Miracle Almond Mound Dessert

Yield: 15 servings

2 cups graham cracker crumbs
 1/2 cup melted margarine
 1/4 cup sugar
 1/4 cup shredded coconut

1 14-ounce can sweetened
 condensed milk
 2 cups chocolate chips
 1 cup chopped almonds

Mix graham cracker crumbs, melted margarine and sugar in bowl. Press firmly into 9x13-inch baking pan. Bake at 350 degrees for 10 minutes. Mix coconut and condensed milk in bowl. Spread over cooled crust. Bake for 10 minutes. Melt chocolate chips in double boiler over hot water. Stir in almonds. Spread over coconut mixture. Let stand until set.

Approx Per Serving: Cal 394; Prot 6 g; Carbo 46 g; Fiber 2 g;
 T Fat 23 g; 50% Calories from Fat; Chol 9 mg; Sod 212 mg.

submitted by Eva Barker

Amaretto Delight

Yield: 12 servings


2 6-ounce packages ice cream
 sandwiches
 1/4 cup Amaretto liqueur

16 ounces whipped topping
 1 4-ounce package almonds,
 blanched

Line 11x14-inch dish with ice cream sandwiches; drizzle with Amaretto. Spread whipped topping evenly over top; sprinkle with almonds. Freeze for 3 hours.

Approx Per Serving: Cal 247; Prot 3 g; Carbo 21 g; Fiber 1 g;
 T Fat 16 g; 60% Calories from Fat; Chol 0 mg; Sod 17 mg.

submitted by Sue P. Jeter

 The community of **Bending Chestnut** got its name from the Indians. It seems Indians used to mark a trail by bending chestnut trees to the ground. Today, the chestnut trees are seen dotting the countryside as split rail fences.

The historic Natchez Trace runs through the community and on to Mississippi. It was traveled by white settlers and Indians alike from one town to the next to trade. Close to the community is Garrison Creek. It was given its name when army troops were garrisoned there while work was being done to change from an Indian trail to a road.

Fox's grocery is a mainstay of the community. Colley Fox purchased the store in 1919 and the Fox family is still running it today.



Apple-Oatmeal Crisp

Yield: 9 servings

4 cups thinly sliced peeled apples	1 cup oats
1 tablespoon lemon juice	1 teaspoon cinnamon
3 tablespoons sugar	1/2 teaspoon salt
1/2 cup packed brown sugar	1/2 cup butter
1/3 cup flour	

Combine apples, lemon juice and sugar in bowl; mix well. Spoon into buttered 9x9-inch baking dish. Mix brown sugar, flour, oats, cinnamon and salt in small bowl. Cut in butter until mixture is crumbly. Sprinkle over apples. Bake at 375 degrees for 30 minutes or until apples are tender.

Approx Per Serving: Cal 244; Prot 2 g; Carbo 36 g; Fiber 2 g;
T Fat 11 g; 40% Calories from Fat; Chol 28 mg; Sod 212 mg.

submitted by Mary Hammon

Apple Kuchen

Yield: 15 servings

1 2-layer package yellow cake mix	1/2 cup sugar
1/2 cup coconut	1 teaspoon cinnamon
1/2 cup butter	1 cup sour cream
1 21-ounce can apple pie filling, drained	1 egg, beaten

Combine cake mix and coconut in large bowl. Cut in butter until mixture is crumbly. Press into 9x13-inch baking pan. Bake at 350 degrees for 10 minutes. Chop apples; place over prepared crust. Sprinkle with mixture of sugar and cinnamon. Whisk sour cream and egg in small bowl. Drizzle over top. Bake for 35 minutes. Let stand for several minutes before serving. This recipe was a Blue Ribbon Winner in the Dessert Competition at the 1988 Main Street Festival in Franklin.

Approx Per Serving: Cal 313; Prot 3 g; Carbo 47 g; Fiber 1 g;
T Fat 13 g; 38% Calories from Fat; Chol 38 mg; Sod 286 mg.

submitted by Joyce McAllister



Cherry Surprise

Yield: 12 servings

- | | |
|---|-----------------------------|
| 2 21-ounce cans cherry pie filling | 1 cup chopped pecans |
| 1 2-layer package white cake mix | 1 cup margarine |

Pour pie filling into ungreased 9x13-inch baking pan. Sprinkle with cake mix and pecans; dot with margarine. Bake at 350 degrees for 40 minutes or until light brown.

Approx Per Serving: Cal 479; Prot 3 g; Carbo 62 g; Fiber 2 g;
T Fat 26 g; 47% Calories from Fat; Chol 0 mg; Sod 451 mg.

submitted by Linda Lynch

Chocolate Delight


Yield: 12 servings

- | | |
|---------------------------------------|---------------------------------------|
| 1 cup vanilla wafer crumbs | 1 teaspoon vanilla extract |
| 2 ounces unsweetened chocolate | 1/4 cup chopped pecans |
| 2/3 cup margarine | 2 egg whites, stiffly beaten |
| 2 cups confectioners' sugar | 2 quarts peppermint ice cream, |
| 2 egg yolks, beaten | softened |

Reserve 1/4 cup wafer crumbs for topping. Spread remaining wafer crumbs in ungreased 9x13-inch dish. Melt chocolate and margarine in saucepan; remove from heat. Cool slightly. Stir in confectioners' sugar, egg yolks, vanilla and pecans. Fold in beaten egg whites. Spread over wafer crumbs. Chill in freezer for 2 hours. Spread ice cream over top. Sprinkle with reserved wafer crumbs. Freeze for 8 hours longer.

Approx Per Serving: Cal 435; Prot 5 g; Carbo 48 g; Fiber 1 g;
T Fat 26 g; 52% Calories from Fat; Chol 79 mg; Sod 234 mg.

submitted by Nancy Love

 The community of **Bingham** was named for the Bingham family. Bingham has the honor of having one of the first rural post offices in the state.

The Cumberland Presbyterian Church was given the unusual name of Hog Eye Church because the parishioners could look through holes in the floor to see sleeping pigs underneath the church. The community also boasted Boyd Mill where local farmers would go to grind grain. Also nearby was a federally licensed distillery on Stillhouse Road.



Chocolate Éclair Dessert

Yield: 12 servings

- | | |
|---|------------------------------|
| 1 8-ounce package graham crackers | 3 tablespoons margarine |
| 2 4-ounce packages French vanilla instant pudding mix | 1 tablespoon corn syrup |
| 3 cups milk | 3 tablespoons milk |
| 16 ounces whipped topping | 1 teaspoon vanilla extract |
| 2 ounces unsweetened chocolate | 1½ cups confectioners' sugar |

Line 9x13-inch dish with $\frac{1}{3}$ of the graham crackers. Beat pudding mix and milk in bowl until smooth. Fold in whipped topping. Layer pudding mixture and remaining graham crackers $\frac{1}{2}$ at a time in prepared dish. Melt chocolate and margarine in small saucepan; remove from heat. Add corn syrup, milk and vanilla, mixing well. Stir in confectioners' sugar. Spread over top layer of graham crackers. Chill for 2 hours to overnight.

Approx Per Serving: Cal 406; Prot 5 g; Carbo 57 g; Fiber 1 g;
T Fat 19 g; 41% Calories from Fat; Chol 9 mg; Sod 282 mg.

submitted by Julie Hughes

Saucy Coconut Mousse

Yield: 8 servings

- | | |
|-----------------------------------|--------------------------------|
| 1½ tablespoons unflavored gelatin | 2 cups whipping cream, whipped |
| ⅓ cup cold water | 1 cup sugar |
| 1 cup half and half | 1 cup packed light brown sugar |
| ⅔ cup sugar | 2 tablespoons flour |
| 2 cups shredded coconut | 1⅓ cups half and half |
| 1 teaspoon vanilla extract | 1½ tablespoons butter |
| ⅓ teaspoon salt | |

Soften gelatin in cold water in saucepan. Add 1 cup half and half and $\frac{2}{3}$ cup sugar. Cook over medium heat until gelatin and sugar dissolve, stirring constantly. Stir in coconut, vanilla and salt. Let stand at room temperature to cool. Fold in whipped cream. Spoon into oiled 8-cup mold. Chill until set. Combine 1 cup sugar, brown sugar and flour in saucepan. Stir in $1\frac{1}{3}$ cups half and half. Bring to a boil; remove from heat. Whisk in butter. Cool slightly. Unmold mousse onto serving plate. Pour sauce around, not over, mousse.

Approx Per Serving: Cal 733; Prot 5 g; Carbo 92 g; Fiber 3 g;
T Fat 41 g; 48% Calories from Fat; Chol 113 mg; Sod 181 mg.

submitted by Marilyn and Calvin Lebew



Lemon Soufflé

Yield: 4 servings

2/3 cup sugar
3 tablespoons flour
1 cup milk
2 egg yolks, beaten

Juice of 1 lemon
1 teaspoon grated lemon rind
1/4 teaspoon salt
2 egg whites, stiffly beaten

Combine sugar and flour in bowl. Stir in milk and egg yolks. Add lemon juice, grated lemon rind and salt; mix well. Fold in beaten egg whites. Pour into individual buttered soufflé dishes. Place in pan of water. Bake at 350 degrees for 35 minutes.

Approx Per Serving: Cal 230; Prot 6 g; Carbo 42 g; Fiber <1 g;
T Fat 5 g; 19% Calories from Fat; Chol 115 mg; Sod 189 mg.

submitted by A Friend of Williamson County

Tasty Granola

Yield: 26 (1/2-cup) servings

4 cups oats
1 1/2 cups shredded coconut
1 cup wheat germ
1 cup chopped pecans
1 cup hulled sunflower seed
1/2 cup sesame seed
1/2 cup Bran Buds

1 cup whole wheat flour
1 cup honey
1 cup canola oil
1/4 teaspoon soy sauce
1/2 teaspoon vanilla extract
1/2 teaspoon almond extract

Combine oats, coconut, wheat germ, pecans, sunflower seed, sesame seed, Bran Buds and flour in large bowl; mix well. Heat honey, oil, soy sauce and flavorings in saucepan over low heat, stirring frequently. Stir into oat mixture. Spread mixture 1 inch thick on baking sheets. Bake at 325 degrees for 30 minutes or until golden brown, stirring every 10 minutes. Store in covered container. May serve over ice cream. May add dried fruit after baking.

Approx Per Serving: Cal 298; Prot 6 g; Carbo 30 g; Fiber 4 g;
T Fat 19 g; 54% Calories from Fat; Chol 0 mg; Sod 30 mg.

submitted by Suzanne M. Scott



Cinnamon Ice Cream

Yield: 4 (1-cup) servings

3 cups heavy cream
1 cup milk
1/2 cup maple syrup

4 egg yolks
1/2 teaspoon salt
1 1/2 teaspoons cinnamon

Combine cream, milk and maple syrup in 2-quart saucepan. Simmer over medium heat for several minutes until heated through. Beat egg yolks in medium bowl. Pour half the cream mixture slowly into eggs, whisking vigorously. Pour egg mixture into cream mixture, stirring well. Cook over very low heat until mixture reaches 165 degrees on candy thermometer; remove from heat. Stir in salt. Let stand until cooled to room temperature. Stir in cinnamon. Pour into ice cream freezer container. Freeze using manufacturer's directions. This is wonderful served with apple pie.

Approx Per Serving: Cal 816; Prot 8 g; Carbo 34 g; Fiber 0 g;
T Fat 74 g; 80% Calories from Fat; Chol 466 mg; Sod 373 mg.

submitted by Patsy Bruce

Homemade Peach Ice Cream

Yield: 16 (1-cup) servings

1 quart fresh peaches, sliced
1 cup sugar
6 eggs, beaten
2 cups sugar
4 cups half and half

1 14-ounce can sweetened
condensed milk
2 cups whipping cream
1/2 teaspoon almond extract
Salt to taste

Process peaches and 1 cup sugar in blender until smooth. Combine eggs, 2 cups sugar, half and half, condensed milk, cream, almond extract and salt in large bowl; mix well. Pour into ice cream freezer container. Add peaches; do not stir. Add milk to fill line. Freeze using manufacturer's directions.

Approx Per Serving: Cal 444; Prot 7 g; Carbo 57 g; Fiber <1 g;
T Fat 22 g; 44% Calories from Fat; Chol 151 mg; Sod 94 mg.
Nutritional information does not include additional milk.

submitted by Marion G. Warren



Ice Cream Balls

Yield: 12 servings

2 quarts vanilla ice cream, softened
3 cups finely vanilla wafer crumbs
1/2 cup finely chopped pecans
1/2 cup grated coconut

1 10-ounce package frozen strawberries, thawed
1 tablespoon cornstarch
8 ounces whipped topping

Shape ice cream into 12 balls. Combine vanilla wafer crumbs, pecans and coconut in shallow bowl. Roll ice cream balls in mixture. Place in freezer-proof container. Freeze until firm. Combine strawberries and cornstarch in saucepan. Cook over medium heat until thickened, stirring occasionally. Remove from heat. Let stand until cool. Place ice cream balls in individual serving dishes. Top with strawberry sauce and whipped topping.

Approx Per Serving: Cal 397; Prot 5 g; Carbo 46 g; Fiber 1 g;
T Fat 23 g; 50% Calories from Fat; Chol 53 mg; Sod 166 mg.

submitted by Aleyene Bryant

Ice Cream Sundae Bars

Yield: 12 servings

36 chocolate cream-filled cookies, crushed
1/2 cup melted butter
2 quarts vanilla ice cream, softened
1 pound Spanish peanuts

2/3 cup chocolate chips
2 cups confectioners' sugar
1/2 cup butter, softened
1 cup evaporated milk

Combine cookies and 1/2 cup melted butter in bowl; mix well. Press into 9x13-inch pan. Spread ice cream over cookies. Sprinkle with peanuts. Freeze for 2 hours. Combine chocolate chips, confectioners' sugar, 1/2 cup softened butter and evaporated milk in saucepan. Bring to a boil; reduce heat. Simmer for 10 minutes, stirring constantly; cool. Pour over top layer. Freeze until serving time. Cut into bars.

Approx Per Serving: Cal 833; Prot 17 g; Carbo 77 g; Fiber 4 g;
T Fat 55 g; 57% Calories from Fat; Chol 87 mg; Sod 378 mg.

submitted by Barbara Reed



Banana Pudding

Yield: 6 servings

1½ cups sugar
3 tablespoons (heaping) flour
2½ cups milk
¼ teaspoon vanilla extract

1 egg, beaten
6 tablespoons margarine
1 10-ounce package vanilla wafers
2 or 3 bananas, sliced

Combine sugar and flour in top of double boiler. Add milk, vanilla and egg, stirring with wire whisk. Stir in margarine. Cook over boiling water until thickened, stirring frequently. Layer vanilla wafers, bananas and pudding ½ at a time in shallow bowl. Garnish with vanilla wafer crumbs.

Approx Per Serving: Cal 655; Prot 8 g; Carbo 105 g; Fiber 1 g;
T Fat 24 g; 33% Calories from Fat; Chol 79 mg; Sod 367 mg.

submitted by Pamela G. Bowker

Easy Banana Pudding

Yield: 6 servings

6 bananas, sliced
¾ 10-ounce package vanilla wafers, crumbled
1 6-ounce package vanilla instant pudding mix

2 cups cold milk
1 14-ounce can sweetened condensed milk
8 ounces whipped topping

Layer bananas and vanilla wafers in large bowl. Combine pudding mix and milk in medium bowl, stirring until thickened. Fold in condensed milk and whipped topping. Pour over bananas and vanilla wafers. Chill in refrigerator until serving time.

Approx Per Serving: Cal 756; Prot 11 g; Carbo 127 g; Fiber 3 g;
T Fat 25 g; 29% Calories from Fat; Chol 56 mg; Sod 451 mg.

submitted by Joan Brown



The Hillsboro School was started as a private academy in 1891 by William Anderson. In 1901, Anderson went on to become president of Nashville Bible School, present day David Lipscomb University.



Persimmon Pudding with Sauce

Yield: 12 servings


1 cup sugar
1/2 cup melted butter
1 cup sifted flour
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1 cup persimmon pulp
2 teaspoons baking soda
2 teaspoons warm water
3 tablespoons brandy
1 teaspoon vanilla extract

2 eggs, beaten
1 cup raisins
1/2 cup chopped walnuts
1 egg, beaten
1/3 cup melted butter
1 cup sifted confectioners' sugar
Salt to taste
1 tablespoon brandy extract
1 cup whipping cream, whipped

Mix 1 cup sugar and 1/2 cup melted butter in bowl. Sift flour, cinnamon and nutmeg into mixture. Stir in persimmon pulp. Dissolve baking soda in warm water in cup. Add to mixture with brandy and vanilla. Stir in 2 eggs, raisins and walnuts. Pour into 2-quart mold. Set in pan of water. Steam, covered, at 350 degrees for 2 1/2 hours. Beat remaining 1 egg in mixer bowl until frothy. Add 1/3 cup melted butter, confectioners' sugar, salt and brandy extract, beating well. Fold in whipped cream. Chill, covered, until serving time. Unmold pudding onto serving plate. Spoon sauce over pudding.

Approx Per Serving: Cal 428; Prot 4 g; Carbo 50 g; Fiber 2 g;
T Fat 25 g; 51% Calories from Fat; Chol 115 mg; Sod 272 mg.

submitted by Mary D. Crawford

 According to legend, the community of **Boston** was named when early settlers came across the ridge, looked down into the valley, and claimed the area looked just like Boston, Massachusetts.

Seth Sparkman is given credit for being the first settler in Boston. He was born in a stable near Fort Nashborough and went on to become a very prominent man. He was involved in farming and owned a nursery, woodworking shop, tannery, apiary, slaughter house, country store and post office. He shared his wealth with the community by donating land for a church and school.



Sweet Potato Pudding

Yield: 4 servings

2 cups grated sweet potatoes
1½ cups sugar
½ teaspoon cinnamon
½ teaspoon allspice
½ teaspoon nutmeg

2 cups milk
3 eggs, beaten
2 tablespoons butter
1 teaspoon vanilla extract

Combine sweet potatoes, sugar, cinnamon, allspice, nutmeg, milk, eggs, butter and vanilla in ovenproof saucepan. Simmer over medium heat for 15 minutes, stirring constantly. Bake at 350 degrees for 45 minutes, stirring frequently. Serve with butter, sugar sauce and whipped cream.

Approx Per Serving: Cal 634; Prot 11 g; Carbo 118 g; Fiber 5 g;
T Fat 15 g; 20% Calories from Fat; Chol 192 mg; Sod 173 mg.

submitted by Marsh and Lou Rooker

Rich Dessert

Yield: 10 servings

2 21-ounce cans apple pie filling
1 3-ounce can flaked coconut
½ cup chopped dates

1 2-layer package yellow cake mix
1 cup margarine

Spread pie filling in 9x13-inch baking pan. Sprinkle with coconut, dates and cake mix. Dot with margarine. Bake at 350 degrees for 2 hours. Serve warm with whipped cream or ice cream.

Approx Per Serving: Cal 557; Prot 3 g; Carbo 83 g; Fiber 3 g;
T Fat 25 g; 40% Calories from Fat; Chol 0 mg; Sod 566 mg.

submitted by Helen Davies



The main entrance to the Leiper's Fork community, Old Hillsboro Road, was a turnpike for many years. The tollgate, located at the bottom of the hill coming into town, was finally torn down in the late 1970s and the lumber used to build a house in the area.



Dixie Trifle


Yield: 12 servings

2 cups milk	3 tablespoons confectioners' sugar
1 cup confectioners' sugar	1 12-ounce angel food cake, cubed
2 tablespoons flour	1 cup sliced bananas
2 tablespoons cornstarch	1 cup sliced strawberries
1 cup milk	1 cup sliced peaches
4 egg yolks, beaten	4 egg whites
2 tablespoons butter	6 tablespoons sugar
1 tablespoon vanilla extract	1 teaspoon vanilla extract
1 cup whipping cream	

Heat 2 cups milk in saucepan until very hot. Combine 1 cup confectioners' sugar, flour, cornstarch and 1 cup cold milk in bowl; mix well. Add to hot milk gradually. Cook until thickened, stirring constantly; remove from heat. Add a small amount of hot mixture to egg yolks, beating constantly. Add egg mixture to hot mixture gradually, beating constantly. Cook until thickened, stirring frequently. Stir in butter and 1 tablespoon vanilla; cool. Beat whipping cream with 3 tablespoons confectioners' sugar in mixer bowl. Line 3-quart baking dish with cubed angel food cake. Spoon $\frac{1}{3}$ of the custard into cake-lined dish. Alternate layers of fruit, whipped cream and remaining custard in prepared dish, ending with custard. Beat egg whites in mixer bowl until soft peaks form. Add 6 tablespoons sugar and 1 teaspoon vanilla gradually, beating until stiff peaks form. Spread evenly over top, sealing to edge. Bake at 400 degrees for 5 minutes or until light brown. Serve immediately or chill for later use.

Approx Per Serving: Cal 378; Prot 9 g; Carbo 59 g; Fiber 1 g;
T Fat 14 g; 33% Calories from Fat; Chol 111 mg; Sod 338 mg.

submitted by Aleyne Bryant

 No one knows how **Greenbriar** got its name, but it was once the home of stonemasons, farmers, wagon makers, carpenters, saddlers, blacksmiths and shoemakers. The shoes produced there were very unusual. They had copper toes and were held together with wooden pegs. But there was not a right shoe or left shoe, so people could switch to keep the shoes from wearing in the same place.

Four generations of Thompsons have run the general store, and as it happens, their specialty was shoes and wire.



Shirley Wine Jelly

Yield: 8 servings


2 envelopes unflavored gelatin
1 cup cold water
1 cup sugar

1 cup boiling water
Juice of 1 lemon
1 cup sherry

Soften gelatin in cold water in bowl. Add sugar and boiling water, stirring until sugar and gelatin are dissolved. Stir in lemon juice and sherry. Pour into individual molds. Chill until firm. Unmold onto serving plates. Garnish with whipped cream. May substitute port or Madeira for sherry. This recipe is from "Shirley" the ancestral home of Robert E. Lee's forebears. His mother was Anne Hill Carter and his grandmother was Anne Butler Moore Carter, both of whom lived at "Shirley" on the James River.

Approx Per Serving: Cal 139; Prot 2 g; Carbo 26 g; Fiber <1 g;
T Fat <1 g; 0% Calories from Fat; Chol 0 mg; Sod 5 mg.

submitted by Dee Dorset

 **K**ingfield, located near Leiper's Fork, was settled in the early 1800s by Ransom King, for whom the community was named.

Its distinction is that it is one of only two areas in the county with a Seventh Day Adventist Church. The Adventists came to the area as missionaries in the early 1900s and started both a church and a school. The prime industry around Kingfield was lumber, and there were four sawmills in Kingfield alone.



Cakes, Cookies & Pies



*T*his unique Methodist Church is located in Nolensville. It is one of many old country churches dotting the Williamson County countryside.



Nolensville was named for William Nolen who came, with his family, to the area from Virginia in 1797. The story says his wagon wheel broke and he was forced to stop and fix it. What he found was an area with great springs, good soil and an abundance of wild game, so they stayed.

Nolensville was also the home of once Presidential hopeful, John Bell. Bell was born in the Mill Creek area in 1796 and started a law practice in Franklin many years later. He was elected to the U. S. Senate from Tennessee and eventually ran for president as the candidate for the Constitutional Union Party. Unfortunately, the year he ran, he ran against Lincoln, a Republican and Stephen Douglas, a Democrat.

Tobacco was a very big crop in Nolensville. Legend has it that the first tobacco raised in Nolensville was packed in hogsheads with thorn pins driven in each end. Chains with rings in each end were then hooked over the pins and the heads filled with tobacco were carried by oxcart from Williamson County to the Cumberland River.

Another prominent business was the King's Inn on the Nolensville Turnpike. The Inn opened in 1850 and later became known as the Nolensville Hotel.

Nolensville was a thriving dairy town in the 1920s and 30s with 14 Grade A dairy farms on Rocky Fork Road alone. Mammoth Springs Dairy employed enough people to keep it running all night and the Nolensville Cooperative Creamery was active.

At that time, Nolensville had four general stores, a livery stable and hotel, barbershop, blacksmith shop and auto dealership.



Baby Food Cake

Yield: 16 servings

2 cups sugar
2 cups self-rising flour
3 eggs

1 cup oil
2 4-ounce jars baby food plums
1 teaspoon cinnamon

Combine sugar, flour, eggs, oil and baby food fruit in bowl; mix well. Pour into greased and floured tube or bundt pan. Bake at 350 degrees for 1 hour. Cool in pan for several minutes. Invert onto serving plate. May substitute any baby food fruit such as prunes or apricots for plums.

Approx Per Serving: Cal 297; Prot 3 g; Carbo 39 g; Fiber <1 g;
T Fat 15 g; 44% Calories from Fat; Chol 40 mg; Sod 183 mg.

submitted by Deborah Stillwell

Blackberry Wine Cake

Yield: 16 servings

1 2-layer package white cake mix
1 3-ounce package blackberry
gelatin
4 eggs

1/2 cup oil
1 cup blackberry wine
1 cup confectioners' sugar
1/2 cup blackberry wine

Combine cake mix, gelatin, eggs, oil and 1 cup wine in mixer bowl. Beat at low speed for 1 minute; beat at high speed for 2 minutes. Pour into greased bundt pan. Bake at 325 degrees for 45 to 50 minutes or until cake tests done. Cool in pan for several minutes. Invert onto cake plate. Combine confectioners' sugar and 1/2 cup wine in saucepan. Bring to a boil. Drizzle over warm cake. This can be used as a groom's cake at wedding receptions.

Approx Per Serving: Cal 299; Prot 4 g; Carbo 41 g; Fiber 0 g;
T Fat 11 g; 33% Calories from Fat; Chol 53 mg; Sod 218 mg.

submitted by Lois Crowley



Goopy Butter Cake Squares

Yield: 15 servings

1 egg
1 2-layer package yellow cake mix
1/2 cup butter
1 cup chopped pecans

1 1-pound package confectioners' sugar
8 ounces cream cheese, softened
2 eggs

Mix 1 egg, cake mix, butter and pecans in bowl. Pat into 9x13-inch cake pan. Combine confectioners' sugar, cream cheese and 2 eggs in bowl; mix well. Spread into prepared pan. Bake at 350 degrees for 35 to 40 minutes or until cake tests done. Cut into squares.

Approx Per Serving: Cal 461; Prot 4 g; Carbo 67 g; Fiber 1 g;
T Fat 21 g; 40% Calories from Fat; Chol 76 mg; Sod 320 mg.

submitted by Faye Talley

Coconut Cake

Yield: 12 servings

1 2-layer package butter-recipe yellow cake mix
2 cups sugar
2 cups sour cream

1 12-ounce package frozen coconut, thawed
1 1/2 cups whipped topping

Prepare and bake cake mix using package directions for two 8-inch round cake pans. Split layers into halves horizontally. Mix sugar, sour cream and coconut in bowl. Chill thoroughly. Reserve 1 cup sour cream mixture. Spread remaining mixture between cake layers. Combine reserved mixture with whipped topping in bowl; mix well. Spread over top and side of cake. Store in airtight container in refrigerator for 2 to 3 days.

Approx Per Serving: Cal 611; Prot 5 g; Carbo 77 g; Fiber 3 g;
T Fat 33 g; 47% Calories from Fat; Chol 82 mg; Sod 299 mg.

submitted by Cicely Swords



The first water mill south of Nashville was built in the Nolensville area by Benjamin Kidd, giving Mill Creek its name.



Chocolate Dump Cake

Yield: 16 servings

2 eggs
1½ cups sugar
1¾ cups self-rising flour
⅓ cup oil
1 cup milk
2 ounces unsweetened chocolate,
melted

2 cups confectioners' sugar
¼ teaspoon salt
1 egg
⅓ cup shortening
2 ounces unsweetened chocolate,
melted

Combine 2 eggs, sugar, flour, oil, milk and 2 ounces melted chocolate in mixer bowl. Beat at high speed for 2 minutes. Pour into greased and floured bundt pan. Bake at 350 degrees for 30 to 45 minutes or until cake tests done. Cool in pan for several minutes. Invert onto cake plate. Combine confectioners' sugar, salt, 1 egg, shortening and 2 ounces melted chocolate in mixer bowl. Beat at high speed for 2 minutes or until fluffy. Spread over cooled cake. This is a blue ribbon winner at county fairs and has been in my family since I can remember.

Approx Per Serving: Cal 316; Prot 4 g; Carbo 46 g; Fiber 1 g;
T Fat 14 g; 39% Calories from Fat; Chol 42 mg; Sod 201 mg.

submitted by Shirley Ward

Chocolate Pudd'n Cake

Yield: 8 servings

¾ cup sugar
1 cup flour
2 tablespoons baking cocoa
2 teaspoons baking powder
¼ teaspoon salt
½ cup milk

3 tablespoons melted butter
1 teaspoon vanilla extract
½ cup sugar
½ cup packed brown sugar
¼ cup baking cocoa
1½ cups water

Sift ¾ cup sugar, flour, 2 tablespoons baking cocoa, baking powder and salt into 9x9-inch cake pan. Mix milk, melted butter and vanilla in bowl. Stir into dry ingredients; spread evenly in pan. Mix ½ cup sugar, brown sugar and ¼ cup baking cocoa in bowl. Sprinkle over batter. Pour water over all; do not mix. Bake at 350 degrees for 40 minutes or until cake tests done. Cool in pan for 15 to 20 minutes. Serve with whipped cream or ice cream.

Approx Per Serving: Cal 300; Prot 3 g; Carbo 63 g; Fiber 2 g;
T Fat 6 g; 17% Calories from Fat; Chol 14 mg; Sod 201 mg.

submitted by Cynthia Gholson



Hot Fudge Pudding Cake

Yield: 8 servings

3/4 cup sugar
1 cup flour
3 tablespoons baking cocoa
1/2 cup milk
1/3 cup butter, softened

1 1/2 teaspoons vanilla extract
1/2 cup sugar
1/2 cup packed brown sugar
1/4 cup baking cocoa
1 1/4 cups hot water

Mix 3/4 cup sugar, flour and 3 tablespoons baking cocoa in bowl. Stir in milk, butter and vanilla. Pour into greased 9x9-inch cake pan. Mix 1/2 cup sugar, brown sugar and 1/4 cup baking cocoa in bowl. Sprinkle over mixture in pan. Pour hot water over all; do not stir. Bake at 350 degrees for 35 to 40 minutes or until cake tests done. Serve with ice cream.

Approx Per Serving: Cal 331; Prot 3 g; Carbo 63 g; Fiber 2 g;
T Fat 9 g; 24% Calories from Fat; Chol 23 mg; Sod 80 mg.

submitted by Stephanie Dahlstrom

Texas Cocoa Cake

Yield: 24 servings

1/2 cup margarine
3 tablespoons baking cocoa
1/2 cup oil
1 cup water
2 cups sugar
1/2 cup buttermilk
1/2 teaspoon cinnamon
1 teaspoon vanilla extract

2 eggs, beaten
1 cup margarine
2 tablespoons baking cocoa
6 tablespoons milk
1 1-pound package confectioners' sugar
1 cup pecan pieces
1 teaspoon vanilla extract

Combine first 4 ingredients in saucepan. Bring to a boil. Add sugar, buttermilk, cinnamon, 1 teaspoon vanilla and eggs; mix well. Pour into greased and floured 9x13-inch cake pan. Bake at 350 degrees for 30 to 35 minutes or until cake tests done. Combine 1 cup margarine, 2 tablespoons baking cocoa and milk in saucepan. Cook until margarine is melted. Stir in confectioners' sugar, pecans and 1 teaspoon vanilla. Pour over warm cake.

Approx Per Serving: Cal 340; Prot 2 g; Carbo 41 g; Fiber 1 g;
T Fat 20 g; 52% Calories from Fat; Chol 19 mg; Sod 147 mg.

submitted by Lynn Arnold Wilson



Eggnog Cakes

Yield: 125 servings


1 2-layer package white cake mix
1 pound butter, softened
2½ pounds confectioners' sugar

1 cup bourbon
1 pound pecans, finely chopped
1 pound vanilla wafers, crushed

Prepare and bake cake mix using package directions for 10x15-inch cake pan, substituting egg whites for whole eggs. Cover lightly with cloth; let dry overnight. Cut cake into 1-inch squares. Cream butter, confectioners' sugar and bourbon in mixer bowl until very light and fluffy. Mix pecans and vanilla wafer crumbs in large bowl. Spread creamed mixture over all 6 sides of cake pieces. Roll pieces in crumb mixture. Let stand on waxed paper for 35 to 45 minutes. Pack into layers separated by waxed paper in airtight containers. Store in cool place. This was an old recipe when I got it from my mother in 1948. It is always an October (no later than November) job to make these for the holidays. They will keep for more than a year and become a real confection. It's easiest if 2 persons work together, with one to frost cake pieces and one to roll pieces in crumbs and pack into containers.

Approx Per Serving: Cal 136; Prot 1 g; Carbo 18 g; Fiber <1 g;
T Fat 7 g; 46% Calories from Fat; Chol 10 mg; Sod 63 mg.

submitted by Mary K. Clinard

 The community of **Arrington** was originally located on Horton Highway, where the Arrington Church of Christ now stands. The current town of Arrington wasn't even Arrington, it was originally called Petersburg. But when the government came to establish a post office, they informed the residents that there was already a town called Petersburg in Bedford County, so the name was changed to Arrington in 1858.

The town is now located off Highway 96 East in the Wilson Pike and Cox Road area.



Mary Cawthon's Fudge Cake

Yield: 40 servings

1 cup butter
4 ounces chocolate
2 cups sugar
4 eggs
2 cups cake flour
1/8 teaspoon salt
2 teaspoons vanilla extract

1/2 cup baking cocoa
2 cups sugar
1/8 teaspoon salt
1/2 cup milk
1/2 cup butter
1 teaspoon vanilla extract

Melt 1 cup butter and chocolate in saucepan. Pour into large mixer bowl. Add 2 cups sugar gradually, beating constantly. Beat in eggs 1 at a time. Add cake flour, 1/8 teaspoon salt and 2 teaspoons vanilla gradually, beating constantly. Pour into greased and floured 9x13-inch cake pan. Bake at 350 degrees for 5 minutes. Reduce oven temperature to 250 degrees. Bake for 30 minutes longer. Sift baking cocoa and 2 cups sugar into saucepan. Stir in salt. Add milk and 1/2 cup butter. Cook over low heat until butter is melted. Bring to a boil. Simmer for 1 minute. Stir in 1 teaspoon vanilla. Cool to lukewarm. Beat until of spreading consistency. Spread over cooled cake. Mary Cawthon taught at Franklin High School from the late 1930s to 1962. After retiring, she taught at BGA in Franklin.

Approx Per Serving: Cal 185; Prot 2 g; Carbo 26 g; Fiber 1 g;
T Fat 9 g; 43% Calories from Fat; Chol 40 mg; Sod 81 mg.

submitted by Linda Woodside

Honey Bun Cake

Yield: 24 servings

1 2-layer package yellow cake mix
3/4 cup corn oil
1/2 cup sugar
4 eggs
1 cup sour cream

1 cup packed brown sugar
4 teaspoons cinnamon
1/2 1-pound package confectioners' sugar
1/4 cup margarine, softened

Mix cake mix, oil and sugar in bowl. Add eggs 1 at a time, beating well after each addition. Stir in sour cream. Pour into greased and floured 9x13-inch cake pan. Mix brown sugar and cinnamon in bowl. Sprinkle over cake. Swirl through batter with small spoon handle. Bake at 350 degrees for 30 minutes or until cake tests done. Beat confectioners' sugar and margarine in bowl. Add enough warm water to make of glaze consistency. Pour over hot cake.

Approx Per Serving: Cal 305; Prot 2 g; Carbo 45 g; Fiber 0 g;
T Fat 13 g; 39% Calories from Fat; Chol 40 mg; Sod 175 mg.

submitted by Margo Woodruff



Jam Cake with Pineapple Filling


Yield: 12 servings

1 teaspoon baking soda	1 cup seedless raisins
1 cup buttermilk	1 cup chopped walnuts
4 egg yolks	3 cups sifted flour
2 cups sugar	4 egg whites, stiffly beaten
1 teaspoon allspice	1 cup sugar
1 teaspoon cloves	2 tablespoons flour
1 teaspoon cinnamon	1 cup butter
1 cup melted butter	3 cups sugar
1 cup blackberry jam	1½ cups milk
1 20-ounce can crushed pineapple	1 teaspoon vanilla extract

Dissolve baking soda in buttermilk. Combine with egg yolks, 2 cups sugar, allspice, cloves, cinnamon, melted butter, jam, half the pineapple, raisins, walnuts and 3 cups flour in bowl; mix well. Fold in egg whites. Pour into 3 greased and lightly floured 8-inch round cake pans. Bake at 350 degrees for 1 hour or until layers spring back when lightly touched. Cool in pans for several minutes. Remove to wire racks to cool completely. Mix remaining pineapple, 1 cup sugar and 2 tablespoons flour in saucepan. Cook over low heat until thickened. Cool completely. Spread between layers. Melt 1 cup butter in heavy saucepan. Add 3 cups sugar. Cook until lightly browned. Stir in milk. Cook to soft-ball stage. Remove from heat. Stir in vanilla. Cool slightly. Beat until of spreading consistency. Spread over top and side of cake.

Approx Per Serving: Cal 1033; Prot 9 g; Carbo 166 g; Fiber 3 g;
T Fat 40 g; 34% Calories from Fat; Chol 159 mg; Sod 389 mg.

submitted by Diane Carothers

 Green Hill and his family are given credit for settling and naming **Liberty**. He moved from North Carolina in 1799. His home in North Carolina had been called Liberty Hall and hence the town of Liberty was born. Green, a preacher, started the Liberty Methodist Church, the mother of all area Methodist churches.

The only business in Liberty was Hamer's store located at the corner of Concord and Liberty Church roads.



Jam Cake

Yield: 12 servings

2 cups flour
1 teaspoon each salt and baking soda
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon allspice
1/2 cup shortening
1 cup sugar
3 tablespoons grated orange rind

2 eggs, beaten
2/3 cup buttermilk
1/3 cup orange juice
1 cup raisins
1 cup chopped black walnuts
1 cup chopped pecans
1 cup pineapple or peach preserves
1 1/2 cups blackberry jam

Sift first 6 ingredients together. Cream shortening, sugar and orange rind in mixer bowl. Add eggs 1 at a time, beating well after each addition. Add flour mixture alternately with buttermilk and orange juice to creamed mixture, mixing well after each addition. Add raisins, walnuts, pecans, preserves and jam; mix well. Pour into 3 greased and floured 8-inch round cake pans. Bake at 350 degrees for 45 to 60 minutes or until layers test done. Cool in pans for several minutes. Remove to wire rack to cool completely. Spread with favorite caramel frosting.

Approx Per Serving: Cal 589; Prot 8 g; Carbo 95 g; Fiber 3 g;
T Fat 23 g; 33% Calories from Fat; Chol 36 mg; Sod 281 mg.

submitted by Polly Burke

Grandmother's Jam Cake

Yield: 12 servings

3 cups flour
1 tablespoon allspice
1 tablespoon cinnamon
1 teaspoon baking soda
1 teaspoon baking cocoa
3/4 cup butter, softened
1 cup sugar

1 cup packed brown sugar
4 eggs, beaten
1 cup buttermilk
1 cup blackberry jam
1 cup raisins
1 cup chopped black walnuts
1 tablespoon vanilla extract

Sift first 5 ingredients together. Cream butter, sugar and brown sugar in mixer bowl until light and fluffy. Beat in eggs 1 at a time. Add flour mixture and buttermilk alternately to creamed mixture, beating well after each addition. Stir in remaining ingredients. Pour into 3 greased and floured round cake pans. Bake at 300 degrees for 1 to 2 hours or until layers test done. Cool in pans for several minutes. Remove to wire rack to cool completely. Spread with favorite icing.

Approx Per Serving: Cal 580; Prot 9 g; Carbo 95 g; Fiber 3 g;
T Fat 20 g; 30% Calories from Fat; Chol 103 mg; Sod 225 mg.

submitted by Marita A. Heithcock



Pig Cake

Yield: 15 servings

- | | |
|--|--|
| 1 2-layer package yellow cake mix | 16 ounces whipped topping |
| 2 eggs | 1 20-ounce can crushed pineapple |
| 1/2 cup oil | 1 4-ounce package vanilla instant pudding mix |
| 1/2 cup water | 1 teaspoon vanilla extract |
| 1 8-ounce can mandarin oranges | |

Combine cake mix, eggs, oil, water and mandarin oranges with juice in bowl; mix well. Pour into greased and floured 9x13-inch cake pan. Bake at 350 degrees for 30 minutes or until cake tests done. Combine whipped topping, pineapple, pudding mix and vanilla in bowl; mix well. Spread over cooled cake. This recipe is from my mother, Dorothy Shelton of Springfield, Missouri. We suppose it got its name because it is so good you may make a pig of yourself!

Approx Per Serving: Cal 384; Prot 3 g; Carbo 53 g; Fiber 1 g;
T Fat 19 g; 43% Calories from Fat; Chol 28 mg; Sod 278 mg.

submitted by Anne Hood

Poppy Seed Cakes

Yield: 24 servings

- | | |
|--|---|
| 3 cups flour | 1 1/2 teaspoons almond extract |
| 1 1/2 teaspoons salt | 1 1/2 teaspoons butter extract |
| 1 1/2 teaspoons baking powder | 3/4 1-pound package confectioners' sugar |
| 3 eggs | 1/2 cup lemon juice |
| 1 1/2 cups oil | 1/2 teaspoon vanilla extract |
| 1 1/2 cups milk | 1/2 teaspoon butter extract |
| 2 cups sugar | 1/2 teaspoon almond extract |
| 1 1/2 tablespoons poppy seed | |
| 1 1/2 teaspoons vanilla extract | |

Combine flour, salt, baking powder, eggs, oil, milk, sugar, poppy seed and 1 1/2 teaspoons each vanilla, almond and butter extracts in mixer bowl. Beat for 2 minutes. Pour into greased and floured loaf pans. Bake at 350 degrees for 45 to 60 minutes or until loaves test done. Combine confectioners' sugar, lemon juice and 1/2 teaspoon each vanilla, butter and almond extracts in bowl; mix well. Pour over hot loaves. Let stand until cool.

Approx Per Serving: Cal 328; Prot 3 g; Carbo 47 g; Fiber <1 g;
T Fat 15 g; 41% Calories from Fat; Chol 29 mg; Sod 170 mg.

submitted by Cheri Hoffman



Potato Cake

Yield: 20 servings


2 cups flour
6 tablespoons baking cocoa
2 teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice
1/4 cup baking soda
1 cup butter, softened
2 cups sugar
4 eggs

1 teaspoon vanilla extract
1 cup mashed potatoes
1/2 cup milk
1 cup chopped pecans
2 tablespoons flour
1/4 cup butter, softened
1/4 cup baking cocoa
2 tablespoons cold coffee
1 teaspoon vanilla extract
2 cups confectioners' sugar

Sift 2 cups flour, 6 tablespoons baking cocoa, baking powder, cinnamon, cloves, allspice and baking soda together. Cream 1 cup butter and sugar in mixer bowl until light and fluffy. Add eggs 1 at a time, beating well after each addition. Beat in 1 teaspoon vanilla. Add potatoes; beat well. Add flour mixture and milk alternately to creamed mixture, beating well after each addition. Sprinkle pecans with 2 tablespoons flour. Stir into batter. Pour into greased and floured 9x13-inch cake pan. Bake at 350 degrees for 45 minutes or until cake tests done. Combine 1/4 cup butter, 1/4 cup baking cocoa, coffee and 1 teaspoon vanilla in bowl; mix well. Add confectioners' sugar; beat until of spreading consistency. Spread over cooled cake. May substitute buttermilk for milk. This recipe, which is over 100 years old, came from my grandmother, Nancy Cora Ward Reynolds. She was born at Ward Grove in Rutherford County.

Approx Per Serving: Cal 348; Prot 4 g; Carbo 47 g; Fiber 2 g;
T Fat 18 g; 44% Calories from Fat; Chol 75 mg; Sod 190 mg.

submitted by Margarette R. Broach

 The community of **Trinity** is an area of beautiful homes and two historic churches. The first church began as the Mount Zion Church on Burke Hollow Road. It then became known as Methodist Episcopal Church and is now known as Trinity United Methodist Church. In 1863, the Federal troops dismantled the church for the materials, and the congregation rebuilt it on Wilson Pike. Then in 1897, the church was hit by a tornado and the congregation rebuilt it, and then it was hit by another tornado in 1909 and the congregation built today's current structure.

The other historic church is Jones Chapel Church of Christ. It started as a tent meeting in 1880. It too suffered the effects of the two tornadoes and the current building is the third structure.



Buttermilk Pound Cake

Yield: 16 servings

1/2 teaspoon baking soda
1 tablespoon hot water
1/2 cup butter
1/2 cup shortening
3 cups sugar

3 cups sifted flour
5 eggs
1 cup buttermilk
1 tablespoon vanilla extract

Dissolve baking soda in hot water. Combine with butter, shortening, sugar, flour, eggs, buttermilk and vanilla in bowl; mix well. Pour into greased and floured tube pan or 2 greased and floured loaf pans. Bake at 325 degrees for 1 hour or until top is light brown and crusty. Cool in pan for 20 minutes. Invert onto serving plate. This is great toasted for breakfast, at tea or served with fresh peaches or strawberries and whipped cream.

Approx Per Serving: Cal 364; Prot 5 g; Carbo 55 g; Fiber 1 g;
T Fat 14 g; 35% Calories from Fat; Chol 83 mg; Sod 113 mg.

submitted by Betty Jane Chalfant

Coconut Pound Cake

Yield: 16 servings

2 cups flour
1 1/2 teaspoons baking powder
1 teaspoon salt
1 cup shortening
2 cups sugar
5 egg yolks, beaten
5 egg whites, stiffly beaten

1 cup buttermilk
1 1/3 cups coconut
1 1/2 teaspoons coconut extract
1/2 cup sugar
1/4 cup water
1/2 teaspoon coconut extract

Sift flour, baking powder and salt together. Cream shortening and 2 cups sugar in mixer bowl until light and fluffy. Beat in egg yolks. Fold in egg whites. Add flour mixture and buttermilk alternately to creamed mixture, beating well after each addition. Stir in coconut and 1 1/2 teaspoons coconut flavoring. Pour into greased and floured bundt pan or tube pan. Bake at 325 degrees for 1 hour. Cool in pan for 30 minutes. Mix 1/2 cup sugar and water in saucepan. Boil for 1 minute. Stir in 1/2 teaspoon coconut flavoring. Drizzle over warm cake.

Approx Per Serving: Cal 350; Prot 4 g; Carbo 47 g; Fiber 1 g;
T Fat 17 g; 43% Calories from Fat; Chol 67 mg; Sod 201 mg.

submitted by Lillie Brown



Five-Flavor Pound Cake

Yield: 20 servings

3 cups flour
1 teaspoon baking powder
1 cup margarine, softened
1/2 cup oil
3 cups sugar
5 eggs, beaten

1 cup milk
1 teaspoon rum extract
1 teaspoon coconut extract
1 teaspoon vanilla extract
1 teaspoon lemon extract
1 teaspoon butter extract

Sift flour and baking powder together. Cream margarine, oil and sugar in mixer bowl until light and fluffy. Add eggs 1 at a time, beating well after each addition. Add flour mixture and milk alternately to creamed mixture, beating well after each addition. Stir in flavorings. Pour into greased and floured tube pan. Place in cold oven. Bake at 325 degrees for 1 1/2 hours. Cool in pan for several minutes. Invert onto serving plate.

Approx Per Serving: Cal 341; Prot 4 g; Carbo 45 g; Fiber 1 g;
T Fat 17 g; 43% Calories from Fat; Chol 55 mg; Sod 147 mg.

submitted by Brenda McClanahan

Rum Pound Cake

Yield: 16 servings

3 cups flour
1/2 teaspoon baking powder
1 cup milk
1 teaspoon rum extract
1 teaspoon coconut extract

1/2 cup shortening
1 cup margarine, softened
3 cups sugar
5 eggs, at room temperature

Sift flour and baking powder together. Mix milk and flavorings in small bowl. Cream shortening, margarine and sugar in mixer bowl until light and fluffy. Add eggs 1 at a time, beating well after each addition. Add flour mixture and milk mixture alternately to creamed mixture, beating well after each addition. Pour into greased and floured tube pan. Bake at 325 degrees for 1 1/2 hours; do not open oven door while baking. Cool in pan for several minutes. Invert onto serving plate.

Approx Per Serving: Cal 422; Prot 5 g; Carbo 56 g; Fiber 1 g;
T Fat 20 g; 43% Calories from Fat; Chol 69 mg; Sod 173 mg.

submitted by Sue Gibson Hale



Best-Ever Rum Cake

Yield: variable

1 tablespoon sugar
1 cup dried fruit
1 tablespoon baking soda
2 eggs
Lemon juice

1 or 2 quarts rum
Brown sugar
1 cup butter
Baking powder
Nuts

Before starting, sample rum to check quality. Good, isn't it? Now proceed. Select large mixing bowl, measuring cup, etc. Check rum again. It must be just right. To be sure rum is of proper quality, pour 1 level cup of rum into a glass and drink it as fast as you can. Repeat. With electric mixer, beat 1 cup of butter in a large fluffy bowl. Ad 1 seaspoon of thugar and beat again. Meanwhile, make sure rum is still alright. Try another cup. Open second quart if necessary. Add leggs, 2 cups fried druit and beat til high. If druit gets stuck in beaters, pry loose with drewscriber. Sample rum agin, checking for tonscistricity. Next sift 3 cups pepper or salt (really doesn't matter). Sample rum. Sift 1/2 pint lemon juice. Fold in chopped butter and strained nuts. Add 1 bablespoon of brown sugar — or whatever color you can find. Wix mel. Crease oven. Turn cake pan to 350 gredees. Pour mess into bovan and ake. Check rum again and—bo to ged.

Nutritional information is not available for this recipe.

submitted by Gertrude Rumbumm

Microwave Peanut Brittle

Yield: 16 servings

1 cup sugar
1/2 cup light corn syrup
1 cup salted peanuts

1 teaspoon butter
1 teaspoon vanilla extract
1 teaspoon baking soda

Combine sugar and corn syrup in 2 1/2-quart microwave-safe bowl. Microwave on High for 4 minutes. Stir in peanuts. Microwave on High for 3 to 4 minutes or until light brown. Add butter and vanilla; mix well. Microwave on High for 1 to 2 minutes. Stir in baking soda until foamy. Pour into lightly buttered shallow pan. Let stand for 30 minutes or until cool. Break into small pieces. Store in airtight container.

Approx Per Serving: Cal 131; Prot 2 g; Carbo 22 g; Fiber 1 g;
 T Fat 5 g; 30% Calories from Fat; Chol 1 mg; Sod 97 mg.

submitted by June C. Caldwell



Pecan Puffs

Yield: 48 servings

1 egg white	1/4 teaspoon salt
1 cup packed light brown sugar	3 cups pecan halves
1/4 teaspoon baking soda	

Beat egg white in mixer bowl until stiff peaks form. Add brown sugar, baking soda and salt; beat until well mixed. Add pecans, stirring to coat well. Spoon 1 coated pecan half at a time onto lightly greased baking sheet. Bake at 300 degrees for 30 to 40 minutes or until light brown. Cool completely. May store in airtight container in freezer.

Approx Per Serving: Cal 67; Prot 1 g; Carbo 7 g; Fiber <1 g;

T Fat 5 g; 58% Calories from Fat; Chol 0 mg; Sod 19 mg.

submitted by Margaret Layne

Peanut Butter Brownies

Yield: 24 servings

1/2 cup butter, softened	1/2 teaspoon baking soda
1/2 cup sugar	1/4 teaspoon salt
1/2 cup packed brown sugar	1 cup quick-cooking oats
1 egg	1 cup semisweet chocolate chips
1/3 cup peanut butter	1/2 cup confectioners' sugar
1/2 teaspoon vanilla extract	1/4 cup peanut butter
1 cup flour	2 to 4 tablespoons milk

Cream butter, sugar and brown sugar in mixer bowl until light and fluffy. Beat in egg and 1/3 cup peanut butter. Add vanilla. Add mixture of flour, baking soda and salt; mix well. Stir in oats and chocolate chips. Spread in greased 9x13-inch baking pan. Bake at 350 degrees for 20 to 25 minutes or until brownies test done. Cool for 5 minutes. Combine confectioners' sugar, 1/4 cup peanut butter and enough milk to make of desired consistency in bowl, mixing until smooth. Spread over brownies. Cool on wire rack. Cut into squares.

Approx Per Serving: Cal 191; Prot 4 g; Carbo 24 g; Fiber 1 g;

T Fat 10 g; 46% Calories from Fat; Chol 20 mg; Sod 105 mg.

submitted by Dana Yates



Molly Hollow Mud Brownies

Yield: 40 servings

1½ cups flour
 ½ teaspoon salt
 1 cup chopped pecans
 1 cup margarine
 ¼ cup baking cocoa
 4 eggs
 2 cups sugar
 2 teaspoons vanilla extract

1 16-ounce package miniature marshmallows
 6 tablespoons margarine, softened
 1 1-pound package confectioners' sugar
 ¼ cup baking cocoa
 ⅓ cup milk

Mix flour, salt and pecans in bowl. Melt 1 cup margarine in saucepan over low heat. Stir in ¼ cup baking cocoa. Beat eggs in mixer bowl until light. Beat in sugar gradually. Stir in cocoa mixture, flour mixture and vanilla. Spoon into greased 10x14-inch baking pan. Bake at 350 degrees for 35 to 40 minutes or until brownies test done. Turn off oven. Sprinkle marshmallows over top. Let stand in oven until marshmallows melt; spread over top. Cool to room temperature. Combine 6 tablespoons margarine, confectioners' sugar, ¼ cup baking cocoa and milk in mixer bowl; mix until smooth. Spread over brownies. Cut into squares. This is the "best mud east of the Harpeth."

Approx Per Serving: Cal 234; Prot 2 g; Carbo 37 g; Fiber <1 g;
 T Fat 10 g; 38% Calories from Fat; Chol 22 mg; Sod 119 mg.

submitted by Shelly Tucker

Grandmother's Raisin-Nut Rolls

Yield: 48 servings

1 16-ounce package marshmallows
 1 16-ounce package graham crackers
 ½ cup cream

1 15-ounce package raisins
 1¼ cups chopped pecans
 1 16-ounce package shredded coconut

Tear marshmallows into quarters with buttered fingers. Process graham crackers in food processor until finely crushed. Combine with marshmallows in large bowl. Add cream; mix well. Let stand for several minutes. Add raisins and pecans. Knead to form stiff mixture. Divide into 4 portions. Shape into 4 rolls on waxed paper sprinkled with coconut. Chill, wrapped in waxed paper. Slice to serve. Store in refrigerator.

Approx Per Serving: Cal 150; Prot 2 g; Carbo 21 g; Fiber 2 g;
 T Fat 7 g; 43% Calories from Fat; Chol 3 mg; Sod 97 mg.

submitted by Lucy Williams



Fruitcake Cookies

Yield: 48 servings

1 pound mixed candied fruit
1/2 cup flour
1 3-ounce can coconut
2 cups chopped pecans

Salt to taste
1 14-ounce can sweetened condensed milk

Toss candied fruit with flour in bowl, coating well. Add coconut, pecans and salt; mix well. Stir in condensed milk. Drop by spoonfuls onto greased cookie sheet. Bake at 275 degrees for 25 to 30 minutes or until light brown. Remove to wire rack to cool. Store in airtight container.

Approx Per Serving: Cal 95; Prot 1 g; Carbo 13 g; Fiber 1 g;

T Fat 5 g; 42% Calories from Fat; Chol 3 mg; Sod 13 mg.

submitted by LaVerne Graham

Mama Hale's Tea Cakes

Yield: 50 servings

2 cups sugar
1 cup plus 2 tablespoons
butter-flavored shortening
3 eggs
1 cup buttermilk

2 teaspoons baking soda
2 teaspoons baking powder
2 teaspoons vanilla or almond extract
8 cups (about) flour

Combine sugar, shortening, eggs, buttermilk, baking soda, baking powder and vanilla in bowl; mix well. Add enough flour to make soft dough. Roll 1/8 inch thick on floured board. Cut into 4-inch circles. Place on lightly greased cookie sheets. Bake at 375 degrees until light brown. Remove from cookie sheets while hot. Cool completely. Decorate as desired. My grandmother, Crocia Swafford Hale (1880-1983) of Pikeville, Tennessee, was known for her cooking, especially her hand-beaten angel food cake and tea cakes. While working at the Museum of Appalachia at Norris, Tennessee, after her death, I decided to make and sell her tea cakes at the museum's fall homecoming celebration. My sister, Crocia Roberson of Winchester, Tennessee, and I baked and sold thousands of these for days. The memories they brought back to the festival visitors were very interesting, especially to Mr. Alex Haley, who said they smelled and tasted just like the ones his grandmother baked when he was a child. We have found several different versions in my grandmother's collection, so do as she must have done and change or alter this recipe to suit your own taste.

Approx Per Serving: Cal 152; Prot 3 g; Carbo 24 g; Fiber 1 g;

T Fat 5 g; 31% Calories from Fat; Chol 13 mg; Sod 56 mg.

submitted by Sallie R. Swor



Black Bottom Pie

Yield: 6 servings

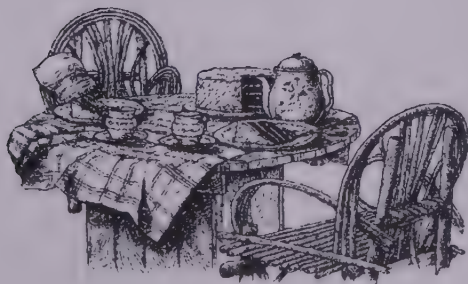
1/4 cup melted butter
1 1/4 cups crushed gingersnaps
1 tablespoon unflavored gelatin
1/4 cup cold water
2 cups milk
1/2 cup sugar
1 1/4 tablespoons cornstarch
4 egg yolks, beaten

1 1/2 ounces unsweetened chocolate,
melted
1 teaspoon vanilla extract
4 egg whites
1/2 cup sugar
1/4 teaspoon cream of tartar
2 tablespoons whiskey
1 cup whipping cream, whipped

Combine melted butter and gingersnap crumbs in bowl; mix well. Press into 9-inch pie plate. Bake at 325 degrees for 10 minutes. Cool. Soften gelatin in cold water; set aside. Scald milk in saucepan. Stir in 1/2 cup sugar and cornstarch. Stir a small amount of hot mixture into egg yolks; stir egg yolks into hot mixture. Cook over low heat for 20 minutes or until thickened, stirring constantly; remove from heat. Reserve 1 cup custard mixture. Add softened gelatin to remaining custard mixture, stirring to dissolve completely; cool. Combine reserved custard, melted chocolate and vanilla, beating well until cooled. Pour into prepared pie shell. Chill in refrigerator. Beat egg whites in mixer bowl until soft peaks form. Add 1/2 cup sugar and cream of tartar. Beat until stiff peaks form. Fold into gelatin mixture with whiskey. Spoon over chocolate layer. Chill or freeze until serving time. Top with whipped cream. Garnish with shaved chocolate.

Approx Per Serving: Cal 628; Prot 11 g; Carbo 67 g; Fiber 1 g;
T Fat 35 g; 50% Calories from Fat; Chol 228 mg; Sod 337 mg.

submitted by Mary D. Crawford





Emma Mai Ring's Caramel Pie

Yield: 6 servings

1 $\frac{1}{4}$ cups sugar
2 tablespoons flour
1 tablespoon cornstarch
1 cup milk
3 egg yolks, beaten
1 teaspoon vanilla extract

2 tablespoons butter
1 9-inch graham cracker pie shell
3 egg whites, at room temperature
 $\frac{1}{2}$ teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon cream of tartar
6 tablespoons sugar

Caramelize $\frac{1}{4}$ cup sugar in small skillet over low heat. Sift remaining 1 cup sugar, flour and cornstarch into 2-quart saucepan. Stir in milk, egg yolks and vanilla. Cook over low heat until thickened, stirring constantly. Add caramelized sugar all at once. Add butter, stirring until melted; cool. Pour into pie shell. Beat egg whites with vanilla and cream of tartar in mixer bowl until soft peaks form. Add 6 tablespoons sugar. Beat until stiff peaks form. Spread over filling, sealing to edge. Bake at 350 degrees for 12 to 15 minutes or until meringue is light brown. Store in refrigerator. This pie was not only a Ring family favorite; the congregation at Harpeth Presbyterian Church came to expect Miss Ring to bring it to every covered-dish meal, and if it was "cut in the kitchen," little, if any, made it out to the potluck crowd.

Approx Per Serving: Cal 594; Prot 7 g; Carbo 93 g; Fiber 1 g;
T Fat 23 g; 34% Calories from Fat; Chol 122 mg; Sod 398 mg.

submitted by Charlene Ring

Chocolate Chess Pie

Yield: 6 servings

2 eggs, beaten
3 tablespoons baking cocoa
1 5-ounce can evaporated milk
 $1\frac{1}{2}$ cups sugar

$\frac{1}{4}$ cup melted butter
1 teaspoon vanilla extract
1 unbaked 9-inch pie shell

Combine eggs, baking cocoa, evaporated milk, sugar, butter and vanilla in bowl; mix well. Pour into pie shell. Bake at 325 degrees for 45 minutes.

Approx Per Serving: Cal 475; Prot 6 g; Carbo 67 g; Fiber 1 g;
T Fat 22 g; 40% Calories from Fat; Chol 99 mg; Sod 298 mg.

submitted by Brenda Capra



Nelle Thomas' Chocolate Pie

Yield: 6 servings

1 unbaked 9-inch pie shell
3 egg yolks, beaten
1 cup milk
1 cup sugar
1/3 cup flour

3 tablespoons baking cocoa
2 tablespoons margarine
1 teaspoon vanilla extract
3 egg whites
1/2 cup sugar

Bake pie shell at 400 degrees for 5 to 10 minutes or until browned; cool. Beat egg yolks with milk in double boiler; set aside. Mix 1 cup sugar, flour and baking cocoa in small bowl. Stir into milk mixture. Cook until thickened, stirring occasionally. Stir in margarine and vanilla. Pour into prepared pie shell. Beat egg whites in mixer bowl until soft peaks form. Add sugar, beating until stiff peaks form. Spread over chocolate mixture. Bake at 400 degrees until meringue is browned. My parents, Nelle and A.B. Thomas, owned and operated the Gilco Restaurant for years, and later operated the Willow Plunge Swimming Pool. My mother baked all the pies for both establishments, and her chocolate pie was always a favorite with her friends and family in Franklin.

Approx Per Serving: Cal 473; Prot 7 g; Carbo 72 g; Fiber 2 g;
T Fat 19 g; 35% Calories from Fat; Chol 112 mg; Sod 276 mg.

submitted by Brenda Hall

Chocolate Cream Pie

Yield: 6 servings

2 cups milk
3 tablespoons baking cocoa
1 cup sugar
1/4 cup flour
3 egg yolks, beaten

2 tablespoons margarine
1 teaspoon vanilla extract
1 baked 9-inch pie shell
3 egg whites
6 tablespoons sugar

Scald milk in small saucepan; set aside. Combine baking cocoa, sugar and flour in saucepan. Stir in milk gradually. Cook over low heat until mixture begins to thicken, stirring constantly. Stir a small amount of hot mixture into egg yolks; stir egg yolks into hot mixture. Cook until thickened, stirring constantly; remove from heat. Stir in margarine and vanilla. Pour into pie shell. Beat egg whites in mixer bowl until soft peaks form. Add sugar gradually, beating until stiff peaks form. Spread over filling, sealing to edge. Bake at 400 degrees for 5 to 10 minutes or until meringue is brown.

Approx Per Serving: Cal 476; Prot 9 g; Carbo 68 g; Fiber 2 g;
T Fat 20 g; 37% Calories from Fat; Chol 117 mg; Sod 293 mg.

submitted by Lorene Peach



Bourbon Chocolate Pie

Yield: 6 servings

1/4 cup margarine, softened
1 cup sugar
3 eggs, beaten
3/4 cup light corn syrup
1/4 teaspoon salt

1 teaspoon vanilla extract
1/2 cup chocolate chips
1/2 cup chopped black walnuts
2 tablespoons bourbon
1 unbaked 9-inch pie shell

Cream margarine in mixer bowl until smooth. Add sugar gradually, beating until light and fluffy. Add eggs, corn syrup, salt and vanilla; mix well. Stir in chocolate chips, black walnuts and bourbon. Pour into pie shell. Bake at 400 degrees for 10 minutes. Reduce oven temperature to 350 degrees. Bake for 30 to 35 minutes longer or until set.

Approx Per Serving: Cal 646; Prot 7 g; Carbo 87 g; Fiber 2 g;
T Fat 32 g; 43% Calories from Fat; Chol 106 mg; Sod 418 mg.

submitted by Dot Bowers

Buttermilk Chess Pie

Yield: 6 servings

2 eggs, beaten
1 1/2 cups sugar
1/4 cup melted butter
1/4 cup buttermilk
1 tablespoon flour

1 tablespoon cornmeal
1/4 teaspoon salt
1/2 teaspoon white vinegar
1 teaspoon vanilla extract
1 unbaked 9-inch pie shell

Combine eggs, sugar, butter and buttermilk in bowl; mix well. Add mixture of flour, cornmeal and salt; mix well. Blend in vinegar and vanilla. Pour into pie shell. Bake at 325 degrees for 45 minutes or until set. This recipe is from my long-time friend, Helen Gentry, now deceased, Adams Street, Franklin, Tennessee.

Approx Per Serving: Cal 451; Prot 6 g; Carbo 67 g; Fiber 1 g;
T Fat 20 g; 40% Calories from Fat; Chol 90 mg; Sod 318 mg.

submitted by Ann Arnold



Fresh Peach Pie

Yield: 6 servings

3 egg whites
1 cup sugar
1/4 teaspoon baking powder
1 teaspoon vanilla extract
16 soda crackers, finely crushed

1 cup chopped pecans
2 cups sliced peaches
1/4 cup sugar
1 cup whipping cream, whipped

Beat egg whites in mixer bowl until foamy. Add 1 cup sugar, baking powder and vanilla, mixing well. Fold in cracker crumbs and pecans. Spread in buttered 9-inch pie plate. Bake at 325 degrees for 30 minutes. Press warm mixture up edge of pie plate to form shell. Combine peaches and 1/4 cup sugar in bowl. Fold in whipped cream. Spoon into prepared pie plate. Chill in refrigerator until serving time.

Approx Per Serving: Cal 495; Prot 5 g; Carbo 59 g; Fiber 2 g;
T Fat 29 g; 51% Calories from Fat; Chol 57 mg; Sod 158 mg.

submitted by Miss John Bostick

Fudge Pie

Yield: 6 servings

3 tablespoons baking cocoa
1 1/4 cups sugar
1/2 cup evaporated milk
1/4 cup margarine, softened

2 eggs, beaten
1 teaspoon vanilla extract
1 unbaked 9-inch pie shell

Combine baking cocoa and sugar in bowl. Add evaporated milk, margarine, eggs and vanilla; beat well. Pour into pie shell. Bake at 350 degrees for 45 minutes or until set. May also add chopped nuts if desired.

Approx Per Serving: Cal 440; Prot 6 g; Carbo 58 g; Fiber 1 g;
T Fat 22 g; 43% Calories from Fat; Chol 77 mg; Sod 319 mg.

submitted by Doris Hickman



Grapevine Stack Pie

Yield: 20 servings

3 eggs
2 cups unrefined sugar
 $\frac{2}{3}$ cup milk
2 teaspoons (heaping) baking powder
1 teaspoon baking soda
30 drops of cinnamon oil
1 tablespoon butter

$\frac{1}{2}$ cup shortening
 $4\frac{1}{2}$ cups flour
Apple Filling
Apricot Filling (page 149)
Cream Filling (page 149)
1 cup cherry preserves
Buttermilk Caramel Icing (page 149)

Beat eggs in mixer bowl. Add sugar, milk, baking powder, baking soda and cinnamon oil; mix well. Add butter, shortening and flour; mix to form stiff dough. Divide into 7 portions. Roll each portion $\frac{1}{4}$ -inch thick on floured surface. Place on baking sheets. Bake at 350 degrees until light brown. Cool on wire rack. Stack pastries alternately with half the Apple Filling, half the Apricot Filling, all the Cream Filling, cherry preserves, remaining Apple Filling and remaining Apricot Filling on serving plate. Spread Buttermilk Caramel Icing over top and side of stack pie. Chill until serving time. Serve with whipped cream. This recipe came from my uncle, Leroy Tracy, the minister at Grapevine Christian Church in Mercer County, Kentucky. It was a favorite and traditional dessert served by the older ladies of the church at Homecoming. The original recipe called for yellow sugar, a chunk of butter and shortening the size of a duck egg.

Approx Per Serving: Cal 728; Prot 6 g; Carbo 143 g; Fiber 4 g;
T Fat 17 g; 21% Calories from Fat; Chol 64 mg; Sod 238 mg.
Nutritional information includes fillings and icing.

Apple Filling

8 ounces dried apples
2 cups water
2 tablespoons butter

1 cup sugar
30 drops of cinnamon oil
 $\frac{1}{2}$ teaspoon nutmeg

Cook apples in water in saucepan until apples are tender and water is absorbed. Add butter, sugar, cinnamon oil and nutmeg; mix well. Chill overnight.



Apricot Filling

- | | |
|--|------------------------------------|
| 1 pound dried apricots | 1/2 cup sugar |
| 1 cup water | 1/4 teaspoon almond extract |
| 1 15-ounce can crushed pineapple, drained | Salt to taste |

Cook apricots in water in saucepan until apricots are tender and water is absorbed. Add pineapple, sugar, almond extract and salt; mash until smooth. Chill overnight.

Cream Filling

- | | |
|--|--|
| 1 cup sour cream | 1 tablespoon milk |
| 1/4 cup confectioners' sugar | 2 1/2 cups confectioners' sugar |
| 3 ounces cream cheese, softened | Vanilla extract to taste |

Blend sour cream with 1/4 cup confectioners' sugar in bowl. Blend cream cheese with milk and 2 1/2 cups confectioners' sugar in bowl. Beat in vanilla. Add to sour cream mixture; mix well.

Buttermilk Caramel Icing

- | | |
|---------------------------------|-----------------------------------|
| 2 cups sugar | 1 teaspoon baking soda |
| 1 cup packed brown sugar | Salt to taste |
| 1/2 cup butter | 1 teaspoon vanilla extract |
| 1 cup buttermilk | |

Combine sugar, brown sugar, butter, buttermilk, baking soda and salt in saucepan. Cook over low heat until mixture forms a soft ball in cold water. Remove from heat. Set in larger pan of cold water; let stand until cool. Add vanilla. Beat until smooth and creamy, adding a small amount of milk or reheating for a short time if necessary for desired spreading consistency.

submitted by Buzzy and Gladys Hockensmith



Maggie's Hawaiian Pies

Yield: 16 servings

- | | |
|----------------------------------|------------------------|
| 1 20-ounce can crushed pineapple | 4 bananas |
| 1 cup sugar | 2 baked pie shells |
| 6 tablespoons flour | 1 cup toasted pecans |
| 1 egg | 4 cups whipped topping |

Combine pineapple, sugar, flour and egg in double boiler; mix well. Cook until thickened, stirring constantly. Cool to room temperature. Slice bananas into pie shells; sprinkle with pecans. Spoon pineapple mixture into prepared pie shells. Top with whipped topping. Chill for 6 hours to overnight.

Approx Per Serving: Cal 340; Prot 3 g; Carbo 44 g; Fiber 2 g;
T Fat 18 g; 46% Calories from Fat; Chol 13 mg; Sod 148 mg.

submitted by Mary Mills

Jelly Pies

Yield: 16 servings

- | | |
|------------------------|----------------------------|
| 1 cup butter, softened | 1/2 cup tart apple jelly |
| 2 cups sugar | 1 teaspoon vanilla extract |
| 4 eggs | 2 unbaked pie shells |

Cream butter in mixer bowl until light. Add sugar gradually, beating until fluffy. Beat in eggs 1 at a time; do not overmix. Stir in jelly and vanilla. Spoon into pie shells. Bake at 300 degrees for 25 to 30 minutes or until set. This is a very old recipe.

Approx Per Serving: Cal 355; Prot 3 g; Carbo 41 g; Fiber 1 g;
T Fat 20 g; 51% Calories from Fat; Chol 84 mg; Sod 254 mg.

submitted by Diane Kelton



Kentucky Pecan Pie

Yield: 8 servings


1 cup sugar
1/2 cup dark corn syrup
1 teaspoon vinegar
3 eggs
1/4 cup butter

1 teaspoon vanilla extract
1/8 teaspoon salt
1 cup chopped pecans
1 unbaked 9-inch pie shell

Combine sugar, corn syrup, vinegar, eggs, butter, vanilla and salt in bowl; mix well by hand. Stir in pecans. Spoon into pie shell. Bake at 400 degrees for 10 minutes. Reduce oven temperature to 350 degrees. Bake for 25 to 30 minutes longer or until set and golden brown. This is Moore Elementary School's favorite pecan pie recipe.

Approx Per Serving: Cal 448; Prot 5 g; Carbo 53 g; Fiber 1 g;
T Fat 25 g; 50% Calories from Fat; Chol 95 mg; Sod 260 mg.

submitted by Gayle H. Bagsby

 The community of **Triune** was once called Hardeman Cross Roads. It was the site of two battles and thirteen skirmishes during the Civil War. Westview, the home belonging to Samuel Perkins, was the site of a grand ball during the Civil War. Triune was also the home of Miss Mary Overall who was a Confederate spy. She used her charms to get information from Federal soldiers. According to accounts, there was a strong possibility that when Sam Davis was captured in 1863, he was in possession of papers given to him by Mary Overall.



Strawberry Pie

Yield: 8 servings

- | | |
|--|--|
| 1 quart strawberries | 1/4 cup strawberry gelatin |
| 1 baked 9-inch pie shell | Salt to taste |
| 1 cup sugar | 1 cup boiling water |
| 1 1/2 tablespoons (heaping) flour | 4 to 6 drops of red food coloring |

Place half the strawberries in pie shell. Mix sugar, flour, gelatin and salt in saucepan. Add boiling water; mix well. Bring to a boil, stirring constantly; remove from heat. Stir in remaining strawberries and food coloring. Cool slightly. Spoon into prepared pie shell. Chill in refrigerator until set. Serve with whipped cream.

Approx Per Serving: Cal 259; Prot 3 g; Carbo 46 g; Fiber 2 g;
T Fat 8 g; 26% Calories from Fat; Chol 0 mg; Sod 158 mg.

submitted by Rebecca Jones

Sweet Potato Pies

Yield: 16 servings

- | | |
|--|--|
| 3 eggs | 1 teaspoon vanilla extract |
| 1 cup sugar | 2 1/2 cups mashed cooked sweet potatoes |
| 2 tablespoons melted margarine | 2 unbaked 9-inch deep-dish pie shells |
| 1 14-ounce can sweetened condensed milk | |
| Allspice to taste | |

Combine eggs, sugar, margarine, condensed milk, allspice and vanilla in mixer bowl; beat until smooth. Add sweet potatoes; mix well. Spoon into pie shells. Bake at 350 degrees for 30 minutes or until set. May add 3/4 cup chopped nuts if desired.

Approx Per Serving: Cal 333; Prot 5 g; Carbo 49 g; Fiber 1 g;
T Fat 13 g; 35% Calories from Fat; Chol 48 mg; Sod 219 mg.

submitted by Mary Stinson

Measuring Equivalents Chart

1	tablespoon	=	3 teaspoons
2	tablespoons	=	1 ounce
4	tablespoons	=	$\frac{1}{4}$ cup
$5\frac{1}{3}$	tablespoons	=	$\frac{1}{3}$ cup
8	tablespoons	=	$\frac{1}{2}$ cup
12	tablespoons	=	$\frac{3}{4}$ cup
16	tablespoons	=	1 cup
1	cup	=	8 ounces or $\frac{1}{2}$ pint
4	cups	=	1 quart
4	quarts	=	1 gallon
1	$6\frac{1}{2}$ to 8-ounce can	=	1 cup
1	$10\frac{1}{2}$ to 12-ounce can	=	$1\frac{1}{4}$ cups
1	14 to 16-ounce can	=	$1\frac{3}{4}$ cups
1	16 to 17-ounce can	=	2 cups
1	18 to 20-ounce can	=	$2\frac{1}{2}$ cups
1	29-ounce can	=	$3\frac{1}{2}$ cups
1	46 to 51-ounce can	=	$5\frac{3}{4}$ cups
1	$6\frac{1}{2}$ to $7\frac{1}{2}$ -pound can or Number 10	=	12 to 13 cups

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About the Photographers

The Williamson County Chamber of Commerce wishes to express its gratitude to local photographer, **Robin Hood**, for providing the cover photograph. Hood, a Franklin resident, is a Pulitzer Prize winning photographer and is known for his masterful use of light. His assignments have taken him around the world and he has earned a reputation for the journalistic approach he brings to advertising photography. His images of the American heartland have captured the essence of the people, their heritage and their values, and he has had several collections of his work published as photographic books both in the United States and Japan. Hood lives on West Main Street in Franklin with his wife, Peggy, and daughters, Farrar, Nicole and Lauren.

Special thanks to **Fuller Arnold** for providing the photography for the divider pages. Fuller, a Williamson County native, grew up in the Harpeth community and currently lives in Franklin. He is the retired Chairman of the Board for the former Williamson County Bank and loves fishing and photography. Fuller has two daughters, Lynn and June, and his wife, Ann, was chairman of the Chamber of Commerce's Cookbook Committee.

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